المملكة العربية السعودية
المؤسسة العامة للتدريب التقني والمهني
الإدارة العامة لتصميم وتطوير المناهج



تخصص إنتاج الطعام "الطهي"

المطبخ التحضيري (عملي)

١٤٣ طاه

طبعة ١٤٢٩ هـ
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مقدمة

الحمد لله وحده، والصلاة والسلام على من لا نبي بعده، محمد وعلى آله وصحبه، وبعد:

تسعى المؤسسة العامة للتدريب التقني والمهني لتأهيل الكوادر الوطنية المدربة القادرة على شغل الوظائف التقنية والفنية والمهنية المتوفرة في سوق العمل، ويأتي هذا الاهتمام نتيجة للتوجهات السديدة من لدن قادة هذا الوطن التي تصب في مجملها نحو إيجاد وطن متكامل يعتمد ذاتياً على موارده وعلى قوة شبابه المسلح بالعلم والإيمان من أجل الاستمرار قدماً في دفع عجلة التقدم التنموي: لتصل بعون الله تعالى لمصاف الدول المتقدمة صناعياً.

وقد خطت الإدارة العامة لتصميم وتطوير المناهج خطوة إيجابية تتفق مع التجارب الدولية المتقدمة في بناء البرامج التدريبية، وفق أساليب علمية حديثة تحاكي متطلبات سوق العمل بكافة تخصصاته لتلبي متطلباته ، وقد تمثلت هذه الخطوة في مشروع إعداد المعايير المهنية الوطنية الذي يمثل الركيزة الأساسية في بناء البرامج التدريبية، إذ تعتمد المعايير في بنائها على تشكيل لجان تخصصية تمثل سوق العمل والمؤسسة العامة للتدريب التقني والمهني بحيث تتوافق الرؤية العلمية مع الواقع العملي الذي تفرضه متطلبات سوق العمل، لتخرج هذه اللجان في النهاية بنظرة متكاملة لبرنامج تدريبي أكثر التصاقاً بسوق العمل، وأكثر واقعية في تحقيق متطلباته الأساسية.

وتتناول هذه الحقيبة التدريبية " **المطبخ التحضيري** " لمتدربي تخصص " **إنتاج الطعام "الطهي"** " في الكليات التقنية موضوعات حيوية تتناول كيفية اكتساب المهارات اللازمة لهذا التخصص.

والإدارة العامة لتصميم وتطوير المناهج وهي تضع بين يديك هذه الحقيبة التدريبية تأمل من الله عز وجل أن تسهم بشكل مباشر في تأصيل المهارات الضرورية اللازمة، بأسلوب مبسط يخلو من التعقيد، وبالاستعانة بالتطبيقات والأشكال التي تدعم عملية اكتساب هذه المهارات.

والله نسأل أن يوفق القائمين على إعدادها والمستفيدين منها لما يحبه ويرضاه؛ إنه سميع مجيب الدعاء.

الإدارة العامة لتصميم وتطوير المناهج

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تمهيد

تعريف المطبخ التحضيري

يعتبر المطبخ التحضيري من أهم أقسام المطبخ و ذلك لمهامه الأساسية في تزويد بقية أقسام المطبخ بالمواد الأولية الجاهزة للطبخ من لحوم و أسماك و طيور و الخضروات و فواكه.

كما أن هذا المطبخ له دور أساسي في سيطرته على تكلفة الأطعمة و ذلك بمحافظته على أوزان الحصص المطلوبة لكل صنف و خاصة اللحوم و الأسماك و التي يعتبر تكلفتها عالية.

- **يشمل المطبخ التحضيري الأقسام التالية :**

١. **قسم القصابة (الملحمة، الجزارة)**

يعتبر هذا القسم من أهم الأقسام التي تساهم بشكل فعال في تخفيض تكاليف الطعام مع المحافظة على جودة ونوعية اللحوم المستخدمة وفي هذا القسم يتم تنظيف وتقطيع والاستغلال الأمثل للحوم الحمراء والبيضاء والطيور و الطرائد والتصرف بحكمة للاستفادة من كل قطعة من اللحوم بالإضافة فإن القسم يتحمل مسئولية العناية بشكل وحجم ووزن كل قطعة بناء على قوائم الطعام التي تقدم في المطاعم

٢. **قسم المسمكة**

يتولى هذا القسم عملية تجهيز كافة أنواع الأسماك النهرية والبحرية وكافة المأكولات البحرية من غسيل وتنظيف وتقطيع و تهيئتها لطهيها بالأقسام الأخرى ويتبع العاملون في هذا القسم الطرق العالمية المعروفة لتحضير الأسماك ، ويتولى القسم عملية الاطلاع على قوائم الطعام المطلوبة ليتم تجهيز ما هو مدرج في القوائم الخاصة بالأقسام الأخرى ليتم خدمتها بالمطاعم والحفلات

٣. **قسم تحضير الخضار و الفواكه**

يتولى هذا القسم عملية التحضير الأولي لكافة أنواع الخضروات و الفواكه للإغراض المطلوبة من الأقسام الأخرى ومن ضمن الإعمال التي يتم تأديتها في هذا القسم هي غسل

وتنظيـف وتجفيـف وتقطيـع الخضـروات بواسـطة الأدوات و الآلات الحديثـة ومـن هـذه الخضروات البطاطس و الخس....الخ

المطبخ التحضيري (عملي)

(إعداد اللحوم)

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الجدارة:

المهنة	طاهي
الواجب	يعد الطعام
المهمة	يتقن المتدرب إعداد اللحوم بجميع أنواعها للطبخ
الهدف الإجرائي للمهمة	يسمي مقاطع و قطع اللحوم

الأهداف: عندما تكتمل هذه الوحدة تكون لدى المتدرب القدرة على أن:

- يحدد مقاطع الذبائح و مسمياتها.
- يتقن تقطيع الذبائح إلى مقاطع مختلفة.
- يتقن تشفية اللحوم من الزوائد
- يستخرج القطع المختلفة من المقاطع حسب المواصفات المطلوبة من المطبخ.

مستوي الأداء المطلوب: لا تقل نسبة إتقان هذه الجدارة عن ٩٠٪

الوقت المتوقع للتدريب: عشرون ساعة تدريب عملي بالمطبخ التدريبي

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الوسائل المساعدة:

- استخدام معدات المجزرة(سكاكين مختلفة- آلات تقطيع- مفارم ..إلخ)
- مراقبة المدرب على كيفية أداء المهام و تنفيذها
- الإطلاع على الخطوات المذكورة بالحقيبة حسب الصورة و النص و تطبيقها
- استخدام وسيلة عرض إلكترونية لإظهار شرح المدرب
- زيارة ميدانية (مطابخ الفنادق- أسواق اللحوم- المذابح)

متطلبات الجدارة:

إتقان مهارات إعداد اللحوم بجميع أنواعها للطبخ حسب القوائم و طلبات الزبائن

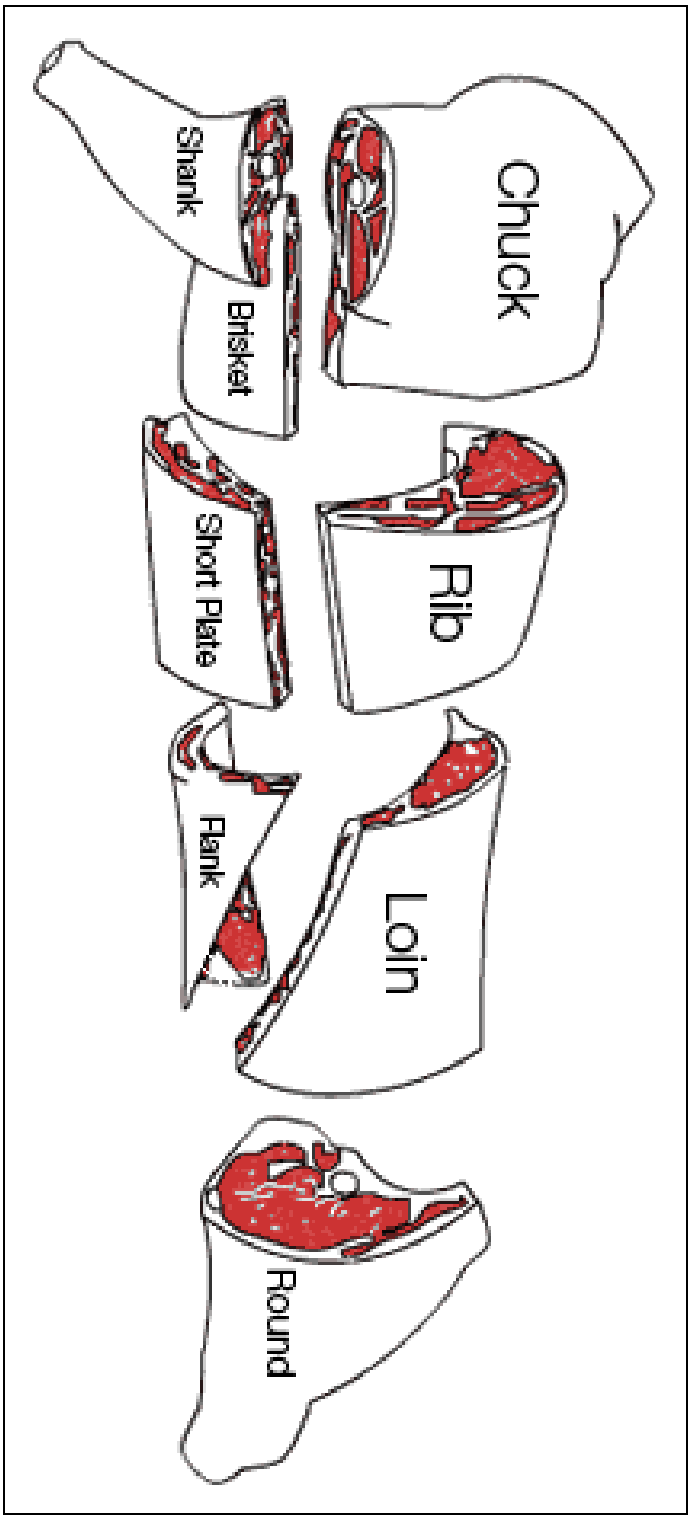
تعريف

كما سبق و ذكرنا في حقيبة المطبخ التحضيري (نظري) مدى أهمية قسم المجزرة و دورها الفعال في تجهيز متطلبات المطبخ من اللحوم و الخضروات و الفواكه المعدة للطبخ. حسب قوائم الأكل المقدمة للضيوف.

و من خلال المقرر الذي سوف يتم التدريب عليه بالمطبخ التدريبي على كيفية التعامل مع الذبائح و طرق استخراج المقاطع و قطع اللحم حسب القياسات و الأشكال المطلوبة.و كذلك إعداد الخضار و الفواكه حسب الأشكال و التقطيع الذي يتناسب مع قوائم الأكل المقدمة للضيوف.

و لقد اعتمدنا اللغة الإنجليزية لإعطاء الفرصة للمتدرب على إتقان الكلمات التقنية و التي سوف تساعده في المستقبل على أدى مهنة معد الطعام .

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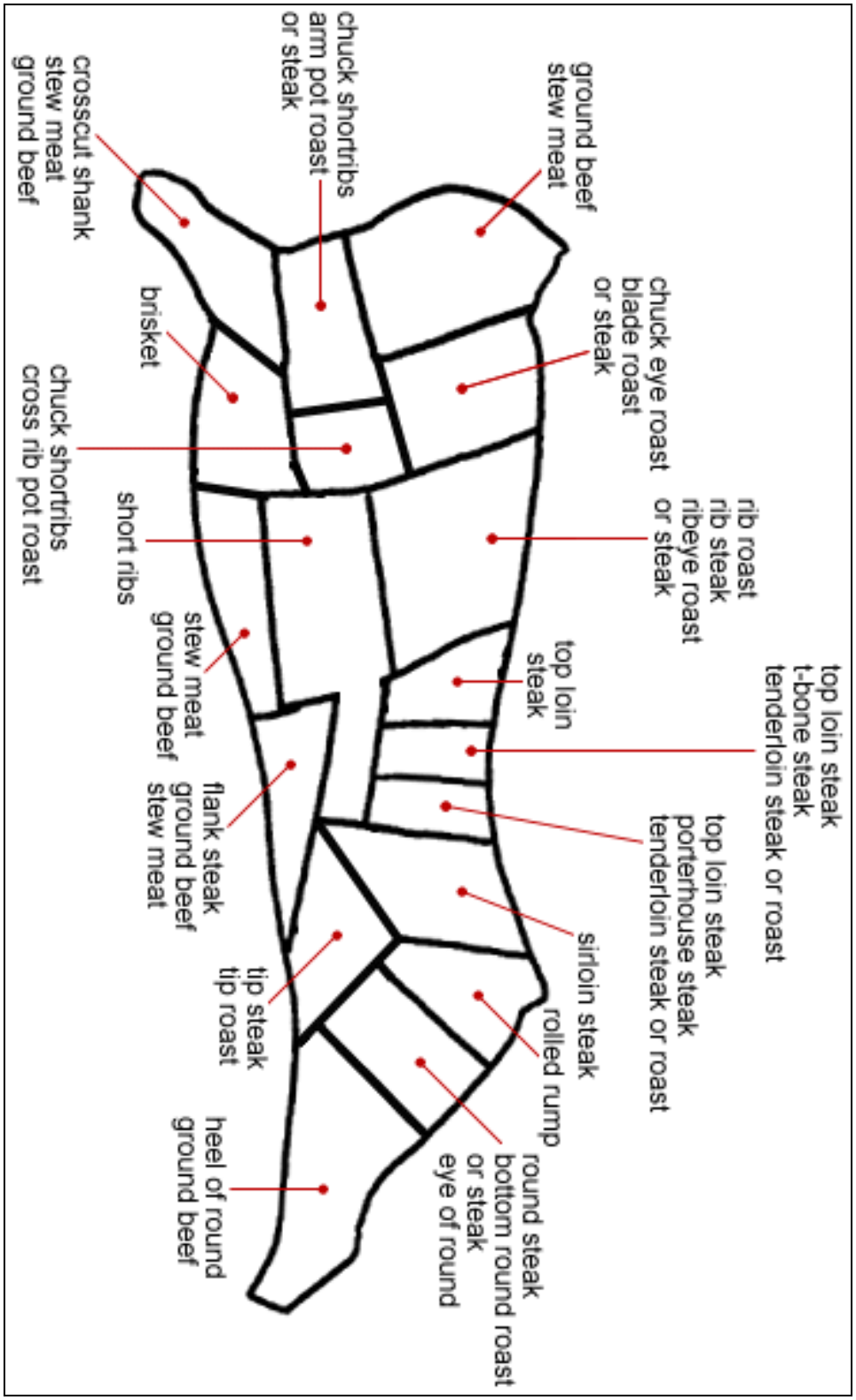
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BEEF MEAT

- the 8 Primal Cuts on a Beef

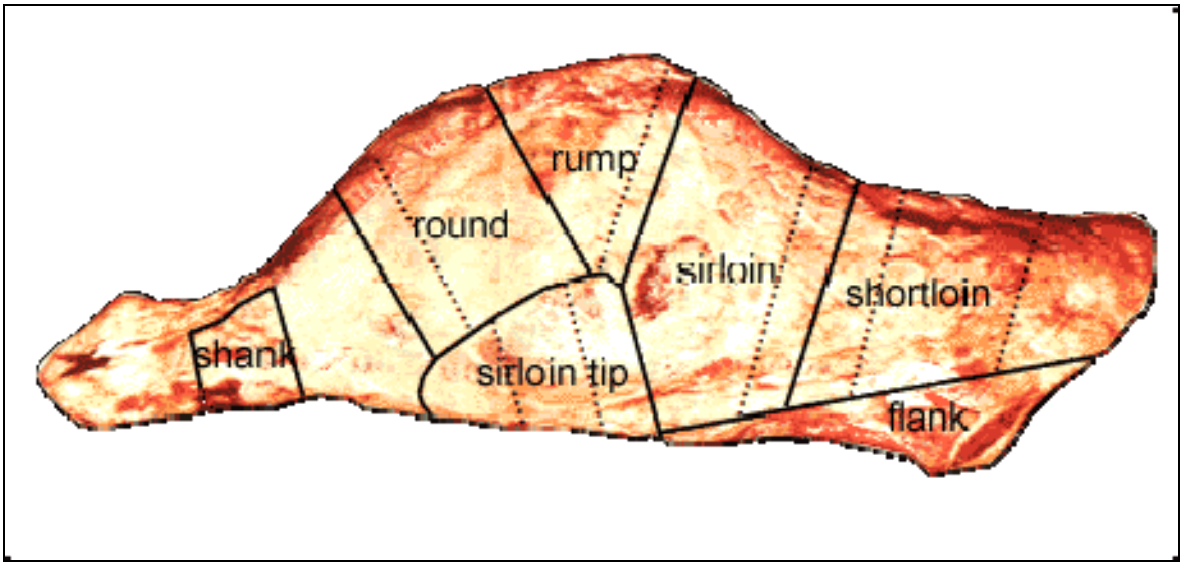
- BEF PRIMAL CUTS AND MEAT PORTION

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- Hind Quarter Cuts of Beef



Showing the pictures up the 8 principal cuts and the 28 portions from the whole beef carcase

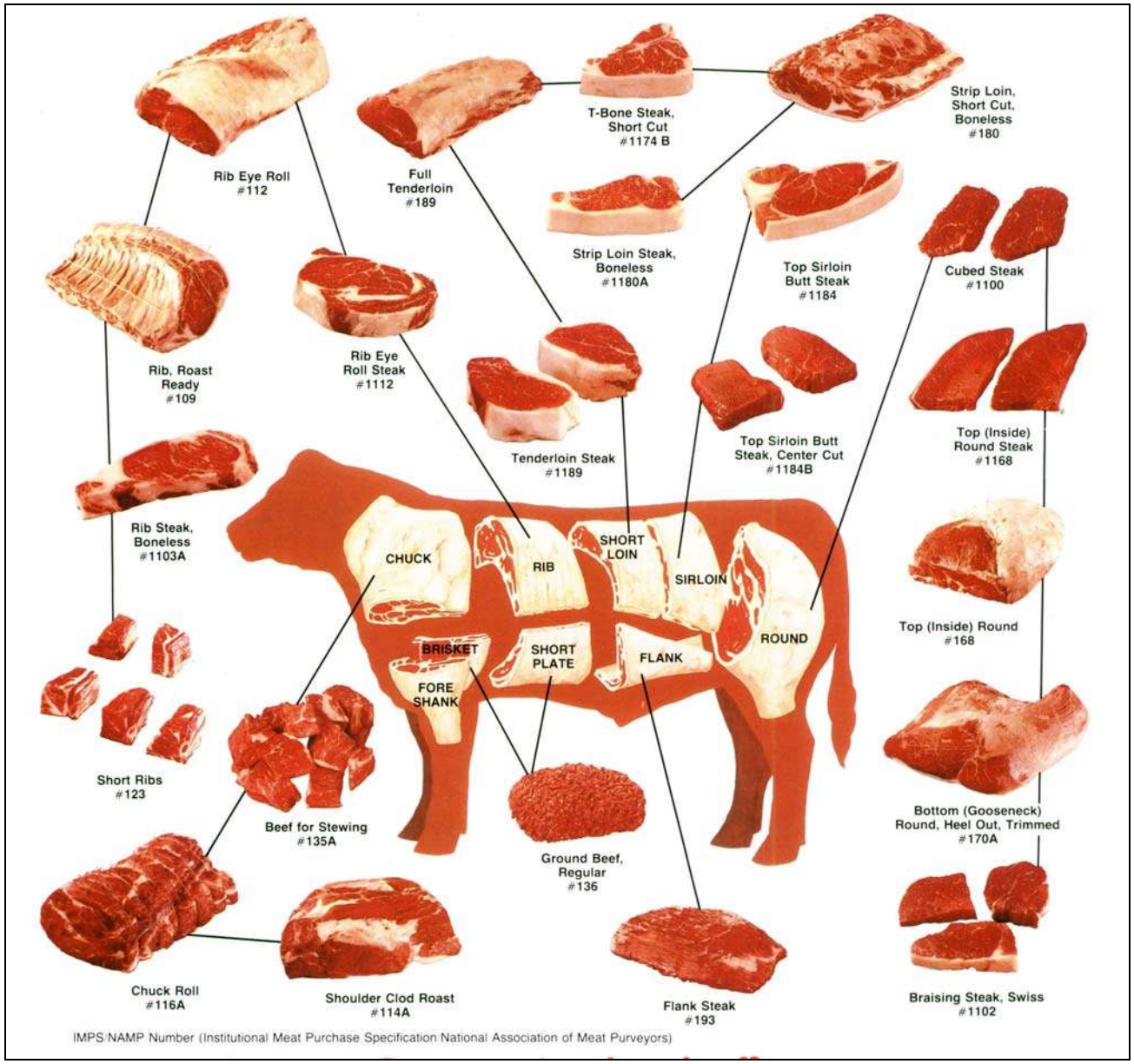
Beef Meat Primal And Portion Cuts

	Meat Primal Cuts	Meat Cuts Portion
١	CHUCK	1. Beef for Stewing 2. Chuck Roll 3. Shoulder Clod Roast 4. Ground Meat
٢	RIB	1. Rib Eye Roll 2. Short Ribs 3. Rib Steak Boneless 4. Rib Roast 5. Rib Eye Roll Steak
٣	SHORT LOIN	1. Full Tenderloin 2. Tenderloin Steak
٤	FULL TENDERLOIN	1. T-Bone steak 2. Strip Loin Short Cut Boneless 3. Strip loin Steak Boneless
٥	SIRLOIN	1. Top Sirloin Butt Steak 2. Top Sirloin Butt Steak Center Cut
٦	ROUND	1. Cubed Steak 2. Top (inside) Round Steak 3. Top(inside)Round 4. Bottom(Gooseneck) Round , Heel Out, Trimmed

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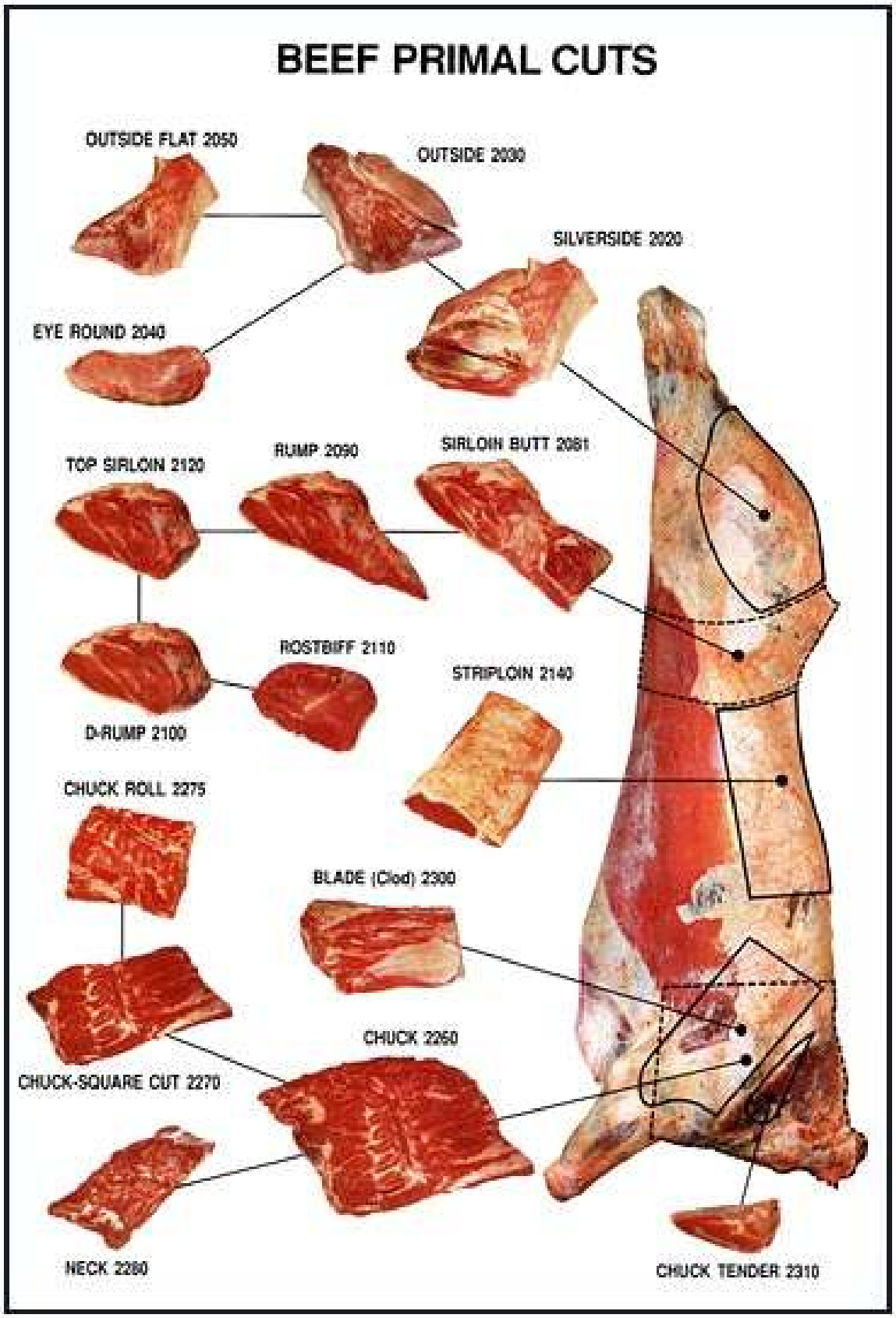
		5. Braising Steak, Swiss
٧	BRISKET	1. Ground Meat 2. Stew Meat
٨	SHORT PLATE	1. Ground Meat 2. Stew Meat
	FLANK	1. Flank Steak 2. Ground Meat 3. Stew Meat

- Others Beef Primal Cuts



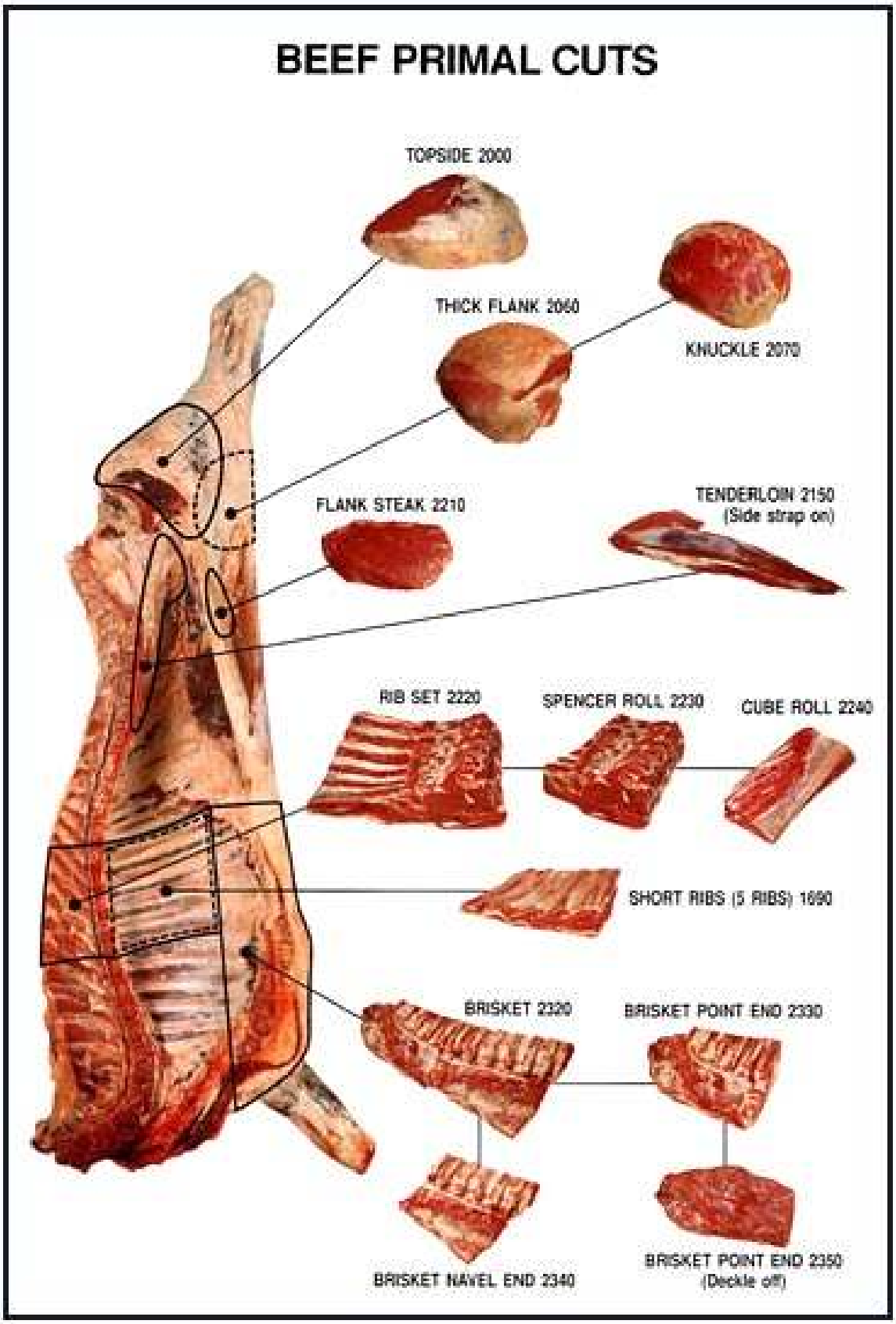
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- Other Beef Primal Cuts (Out Half Carcase)



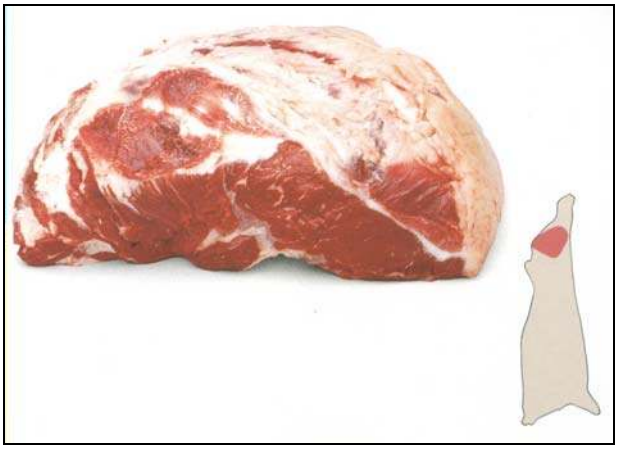
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- Other Beef Primal Cuts (Inside Half Carcase)



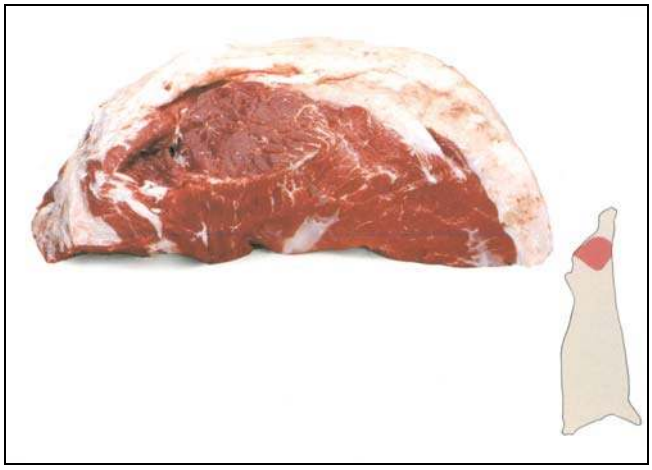
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- Beef Primal Cuts Name



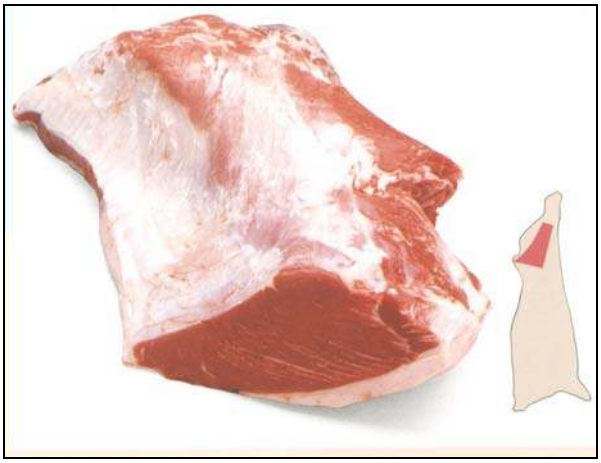
TOPSIDE

The topside is derived in the same manner as the inside round but the scrotal



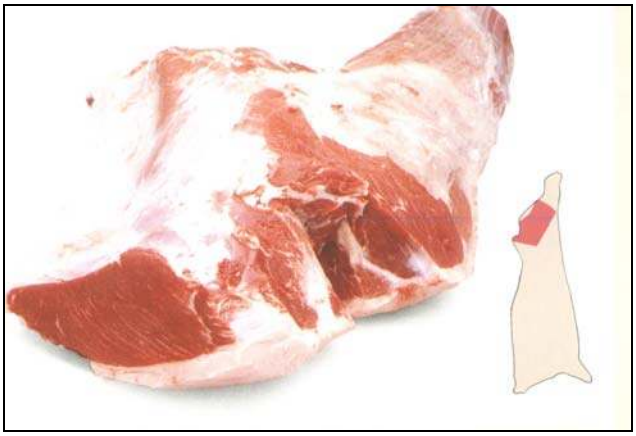
INSIDE ROUND

This is one of the three cuts derived from a bon-in round and is the inside or medial part of the round. It is removed the bone-in round and from the knuckle



FLAT B/L

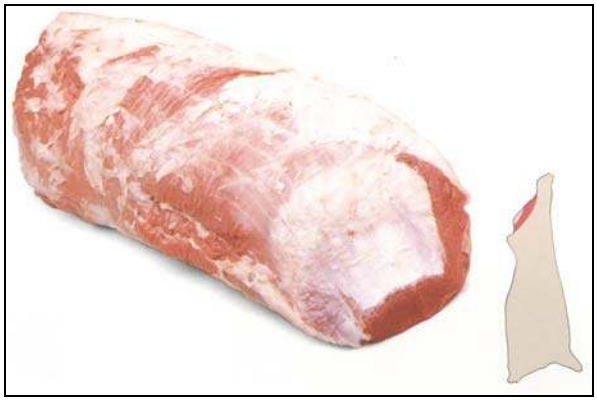
This is prepared from outside by the removed of the complete eye round along its natural seam.



OUTSIDE ROUND

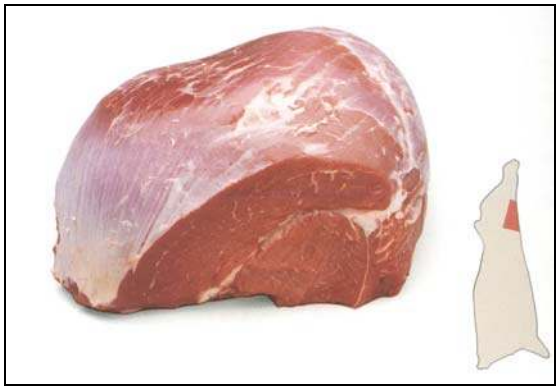
The outside or lateral part of the bone-in round is removed from the inside round (along the natural seam division) and cut from the knuckle. The palatial gland, the cartilage, and gristle from the aitch bone are removed

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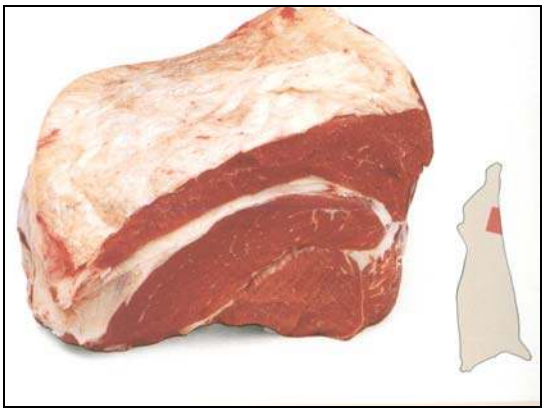
EYE of ROUND B/L

The complete long eye muscle removed along the natural seam from the full outside



KNUCKLE B/L

This is the portion of the bone-in round remaining in front of the femur bone after the removal of the inside round and outside round.



THICK FLANK B/L

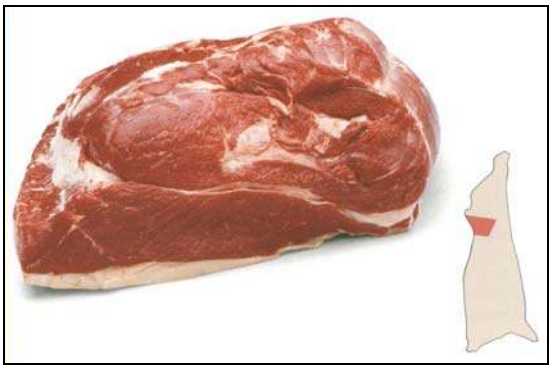
The thick flank is derived in the same manner as the knuckle.



SIRLOIN BUTT B/L

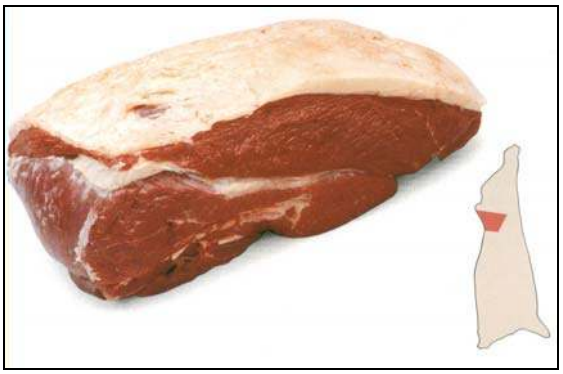
The completely boned portion of full bone-in rump removed from the rump and loin at the pin bone, includes the flank or tail of the rump with the butt end tenderloin removed.

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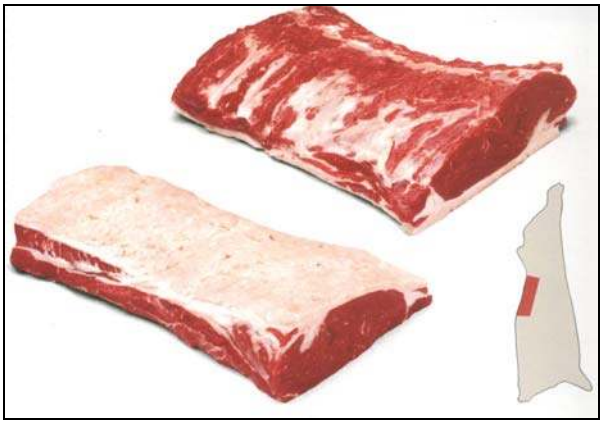
TOP SIRLOIN BUTT B/L

This is the thick top eye muscle of the sirloin butt which remains after the removal of the bottom sirloin through the natural seam. The loin end is squared off



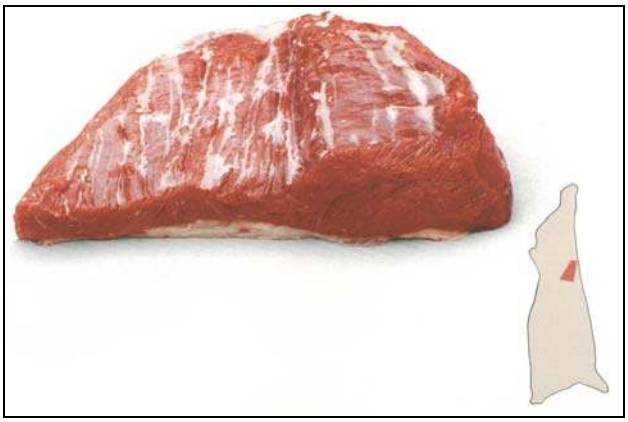
RUMP `D` CUT B/L

The rump `D` cut is derived in the same manner the sirloin butt with the flank or tail of the rump completely removed



STRIPLOIN B/L

The B/L Striploin is the remaining portion of the short loin after removal of the tenderloin and all bones.



BOTTOM SIRLOIN BUTT B/L

The bottom sirloin is the remaining portion of the sirloin after removal of the top sirloin.

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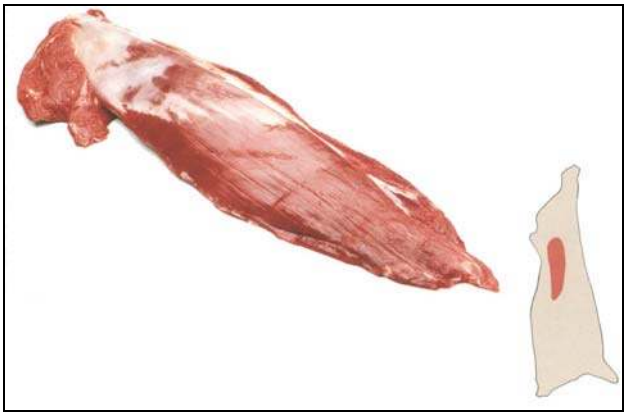
RIB EYE ROLL

The rib eye roll is the muscle or eye of meat adjacent to the chine bone extending from the 5th rib up to the 12th rib inclusive.



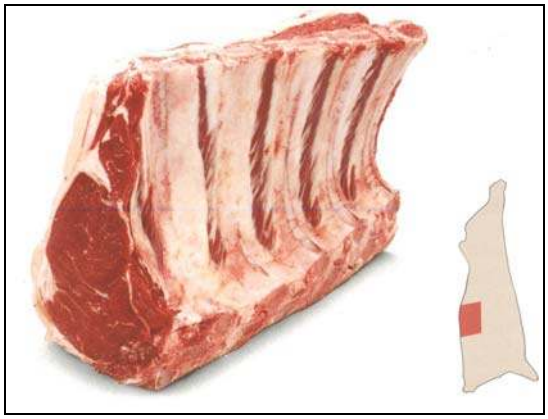
SHORT LOIN

The short loin is separated from the rump and loin at the pin-bone and may have from 1 to 3 ribs.



TENDERLOIN

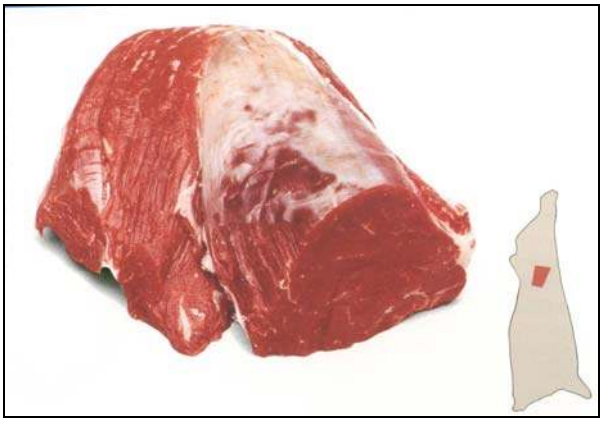
The full tenderloin is removed in one piece from the full rump and loin.



O.P.RIBS

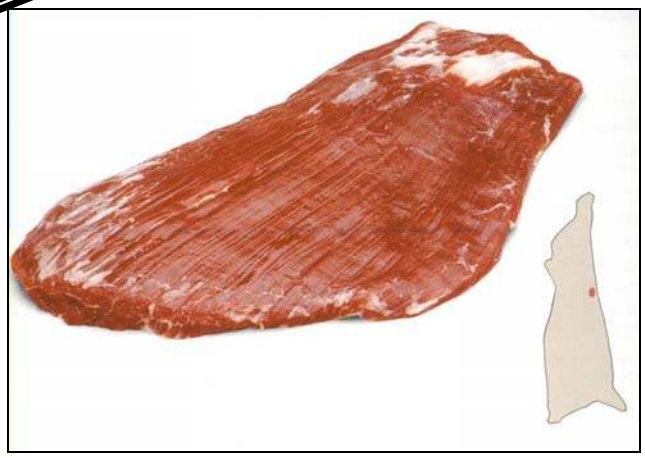
O.P.ribs are derived from a 12th and 6th ribs. The width of the O.Pribs is determined by a cut parallel to the line of the back. The chine bone is completely removed so as to free the feather bones from the rib bones.

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BUTT TENDERLOIN B/L

The butt tenderloin is the thick end of the full tenderloin which is not attached to the short loin.



FLANK STEAK B/L

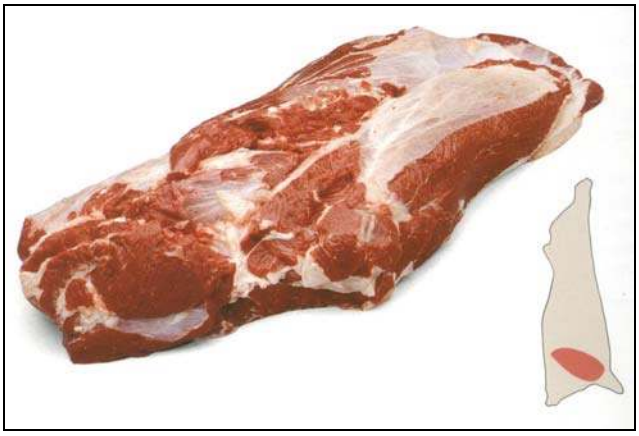
The oval flat muscle taken from the leg end of the flank, free of connective tissues and excess fat.

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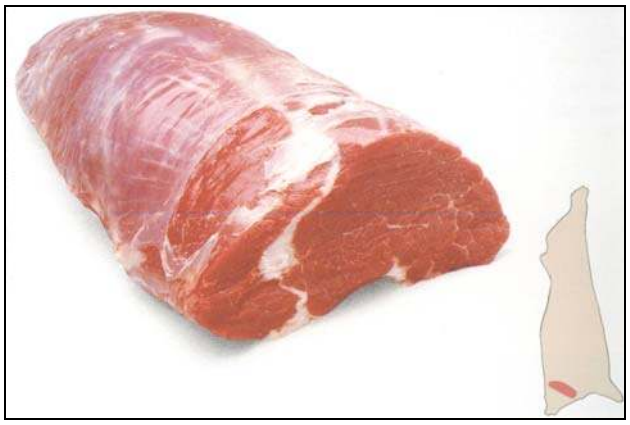
BRISKET POINT-END B/L

The B/L point-end brisket consist of the equivalent of the first five ribs of the full bone-in brisket, the latter being derived from the forequarter by a straight cut from the junction of the first rib and first sternal segment, to the refection of the diaphragm on the 11th rib.



SHOULDER CLOD B/L

The shoulder clod consists of the large muscles removed from the outside of the blade bone extending from the fore shank joint to the tip of the blade bone cartilage. Heavy exposed tendons at the shoulder joint end are removed.



CHUCK TENDER B/L

The chuck tender is the round muscle adjacent to, but separated from the shoulder clod, by the ridge of the blade bone.



BRISKET NAVEL END B/L

This brisket navel-end B/L is derived from the equivalent of the full bone-in brisket after the removal of the point-end brisket.

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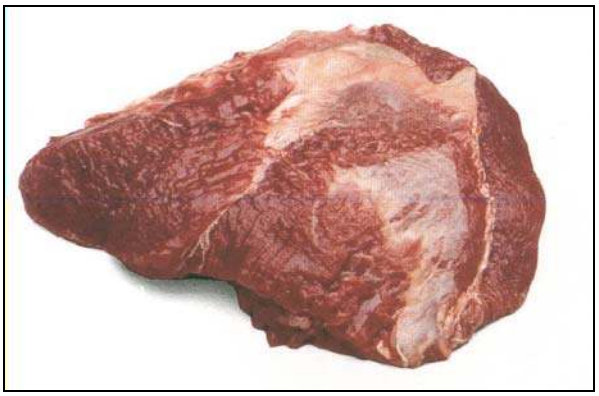
CHUCK B/L

The B/L chuck is derived from that portion of the bone-in forequarter from the neck up to the 6th rib.



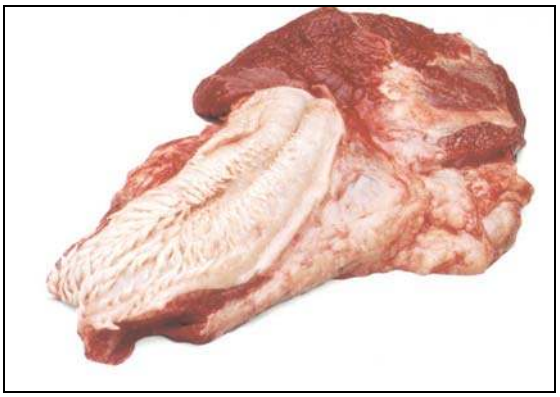
SHANK MEAT B/L

Shank meat comprises the B/L meat derived from the fore shank and the hind shank



CHEEK Papillae Off

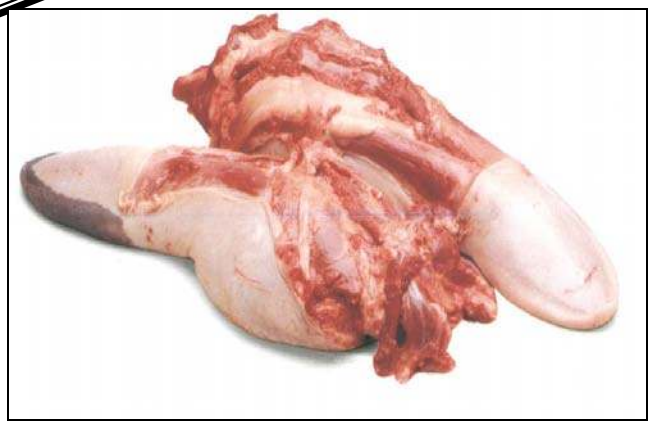
Square cut with papillae, glands and tip removed. Blood stains and loose pieces removed



CHEEK Papillae On

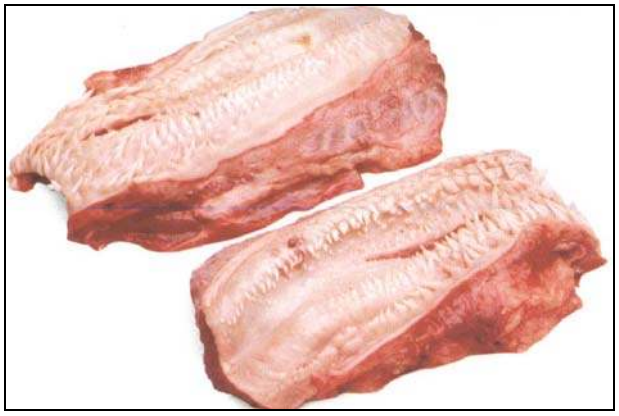
The cheek is the muscle, together with the mouth lining., that lies outside the upper and lower jaw bones.

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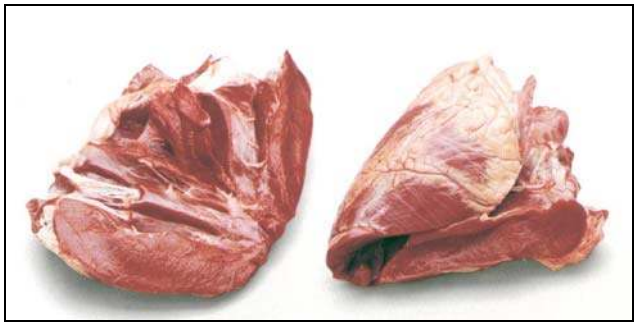
TONGUE Short Cut

Short cut tongue with the root removed.



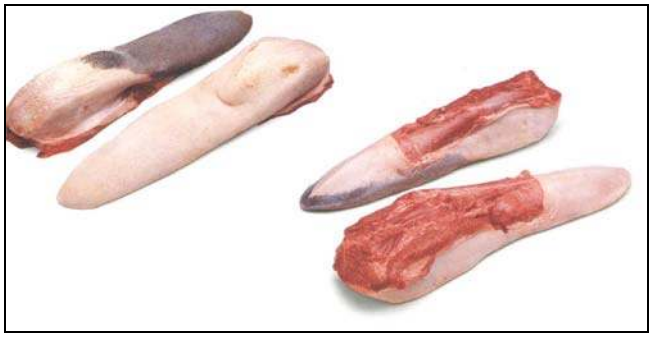
CHEEK TIP

Cheeks removed. Consists of the papillae, glands and tip.



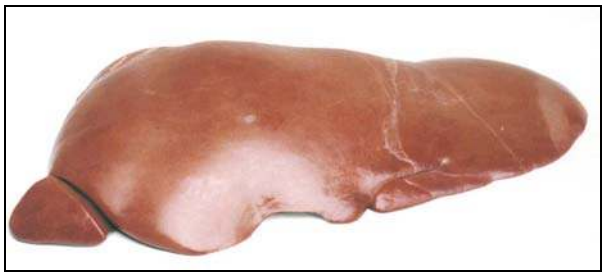
HEART Cap On

Complete heart.



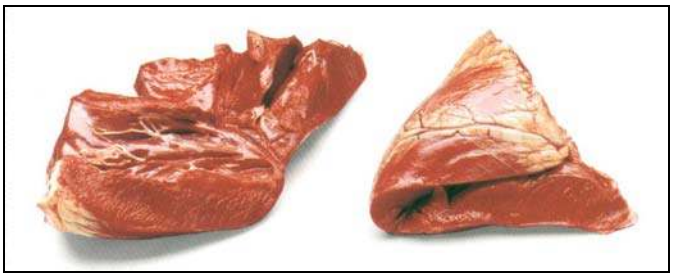
TONGUE Swiss Cut

The portion of the tongue remaining after the removal of the hyoid bones, a severe fat trim and removal of excess muscle from underneath the tongue



LIVER

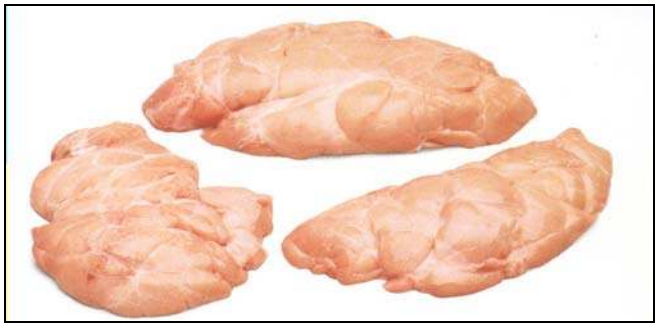
Portal lymph glands attached. Gall bladder and all fat removed.



HEART Cap Off

Cap and os-cordis removed.

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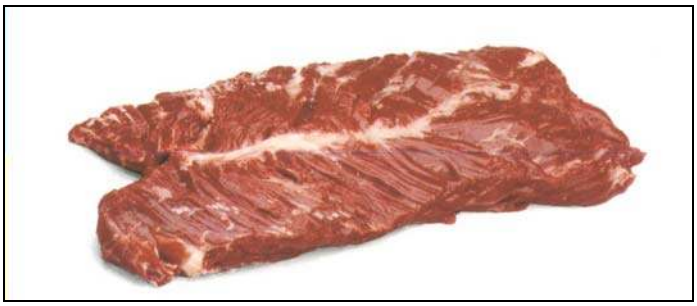
SWEETBREAD

The thymus glands removed from the neck and heart regions with all fat removed.



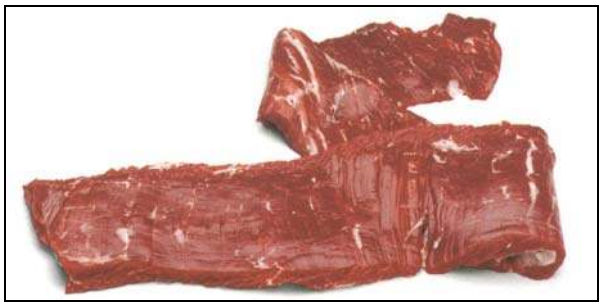
KEDNEY

The whole kidney from which blood vessels, ureter, capscule and fat have been removed



THICK SKIRT

The thick skirt is the thickest portion of the diaphragm, adjacent to the spinal column. All fat and loose connective tissue is generally removed.



THIN SKIRT

The thin skirt is the thin portion of the diaphragm. All white tendinous tissue not covering lean red muscle is removed. The pleural membrane covering or skin is removed.

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TRIP Mountain Chain

Removed from rumen in one piece-heavily trimmed back to the thick pillar. Fat removed



TRIPE

The complete paunch or rumen together with the honeycomb or reticulum. Opened and rinsed clean of any paunch content.



HEAD MEAT

Pieces trimmed from the head after removal of cheek and papillae.



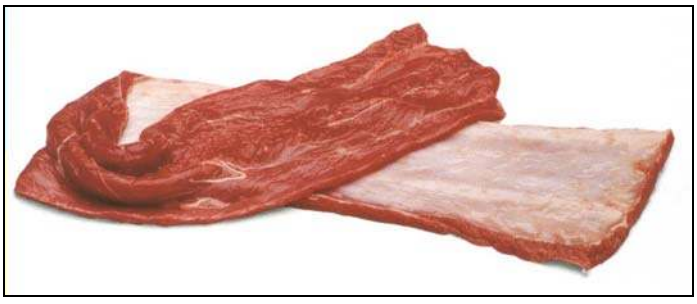
TAIL

The tail is removed from the carcass at the junction between the sacral and coccygeal vertebrae. It is usual for the last 2 or 3 tail segments to be removed



SPLEEN

Prepared by the removal of the splenic blood vessel



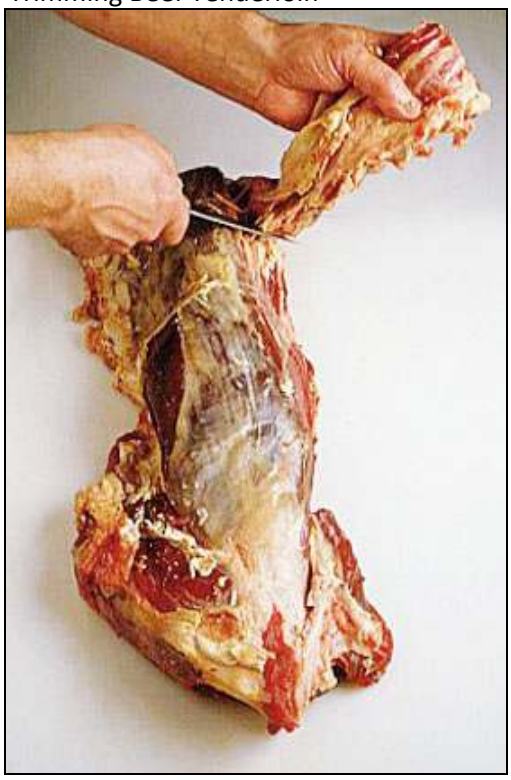
WEASAND

Whole weasand, skinned (white tissue peeled)-split open, clean of all extraneous matter

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BEEF MEAT TRIMMING

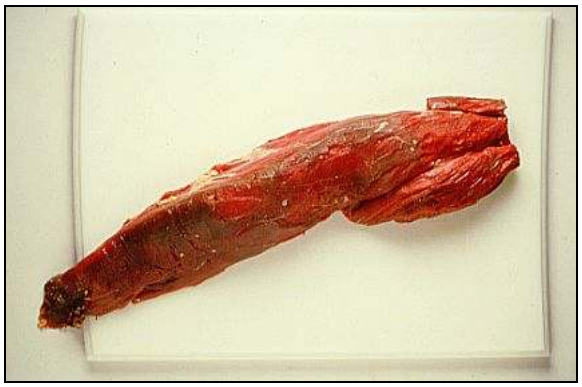
- Trimming Beef Tenderloin



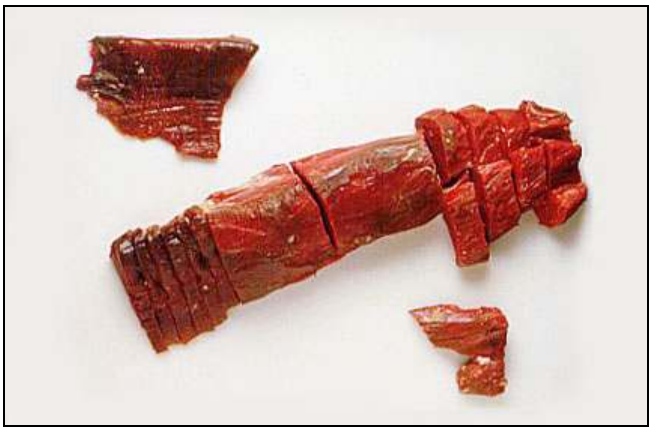
Cutting away the chain muscle that lies to the side of the main fillet, using a knife.



Stretch and pull out the white membrane that surrounds the meat and, using a small knife, slit it and cut it away from the meat, leaving the red tender loin meat lying beneath it.



Overhead view of trimmed beef tenderloin ready for cooking.

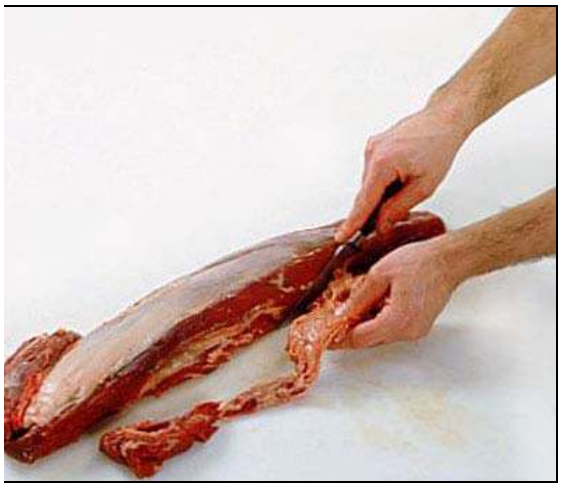


Cuts of meat: Tail end; Tournedos or filet mignon steaks; Fillet steaks, and Trimmings.

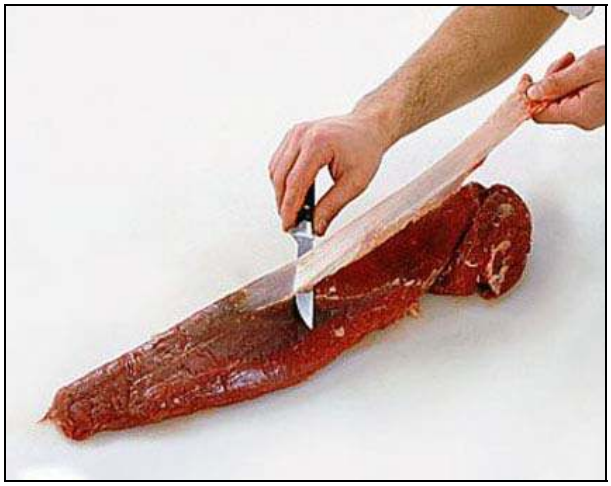
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- Trim and roast the Tenderloin beef

خطأ!

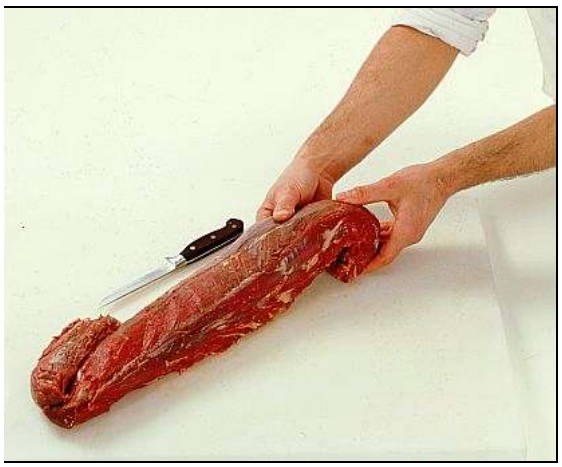


Cutting fat off beef fillet



Removing tough membrane from beef fillet

خطأ!

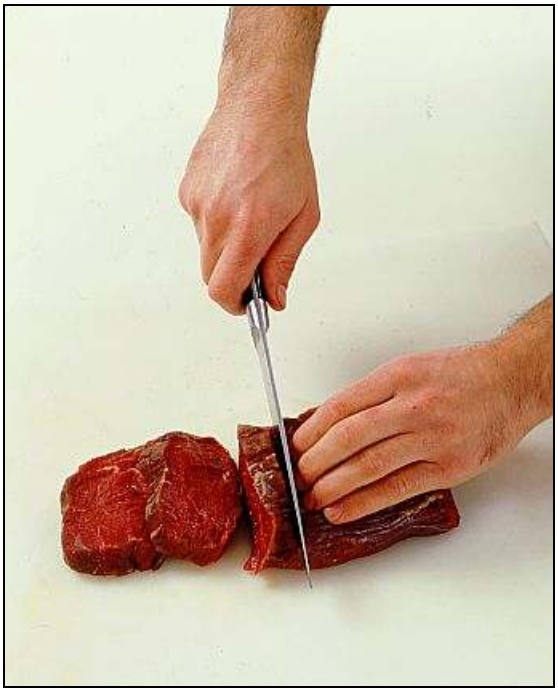


Tucking thin end of beef fillet under

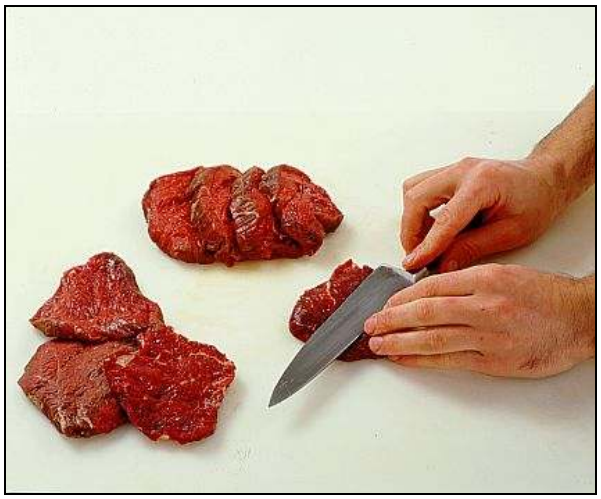


Long uniform fillet of beef being neatly tied with string prior to cooking

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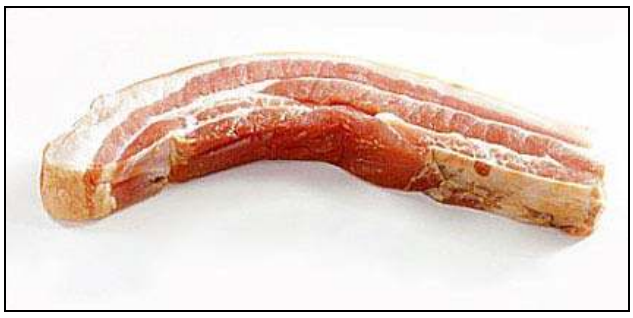


Slicing beef fillet into 1cm steaks

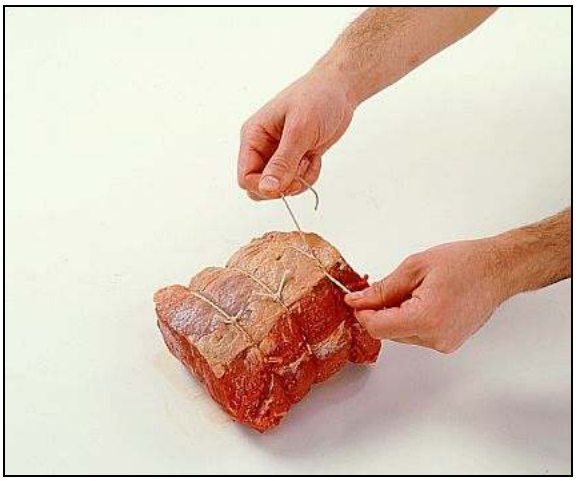


Flattening steak with flat of knife

- Preparing Pot Roast Top Side



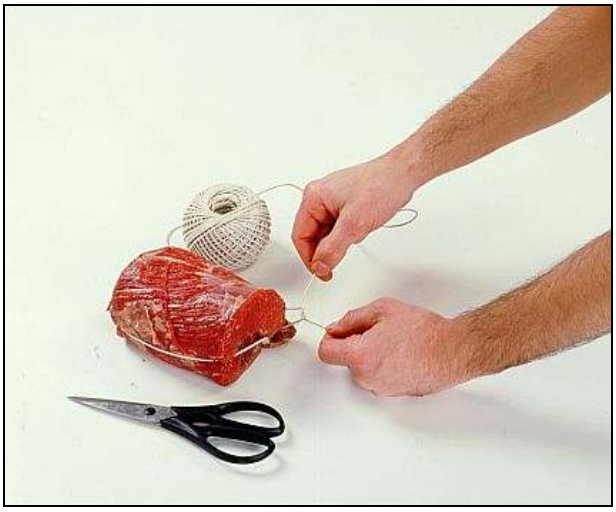
Uncooked beef topside with white fat showing



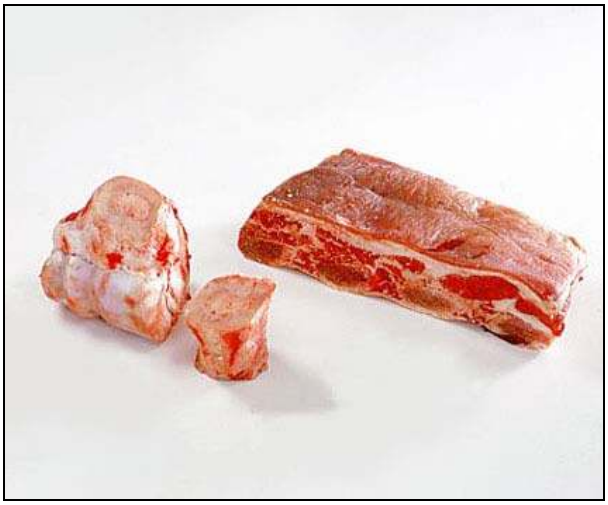
Tying up the uncooked beef topside with string

- Beef blade steak

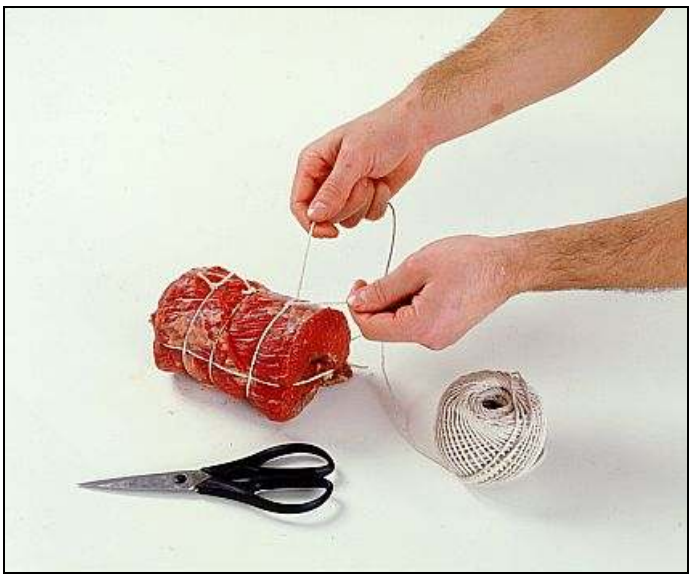
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Tying the beef shin with string



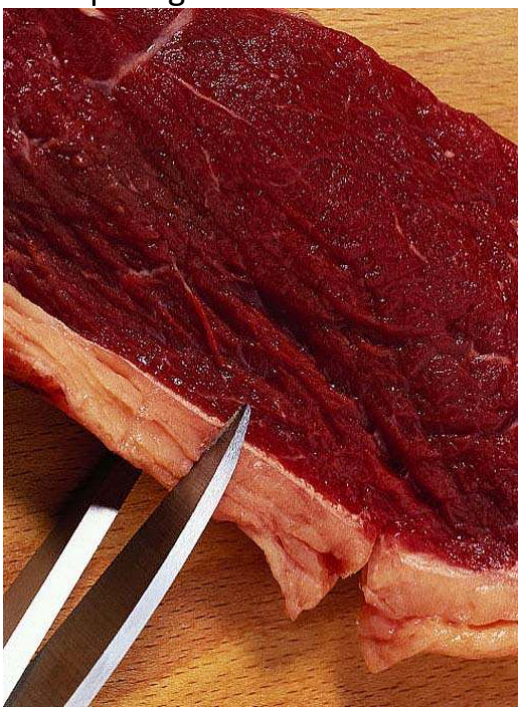
Slab of fatty beef like



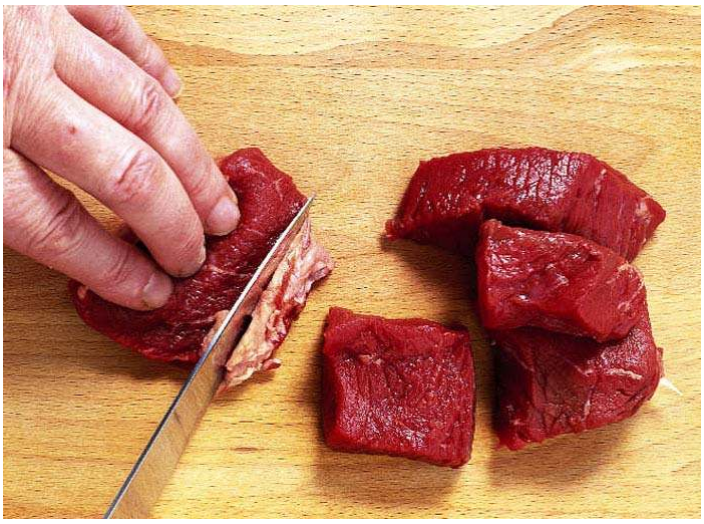
Neatly tying string round shin of beef

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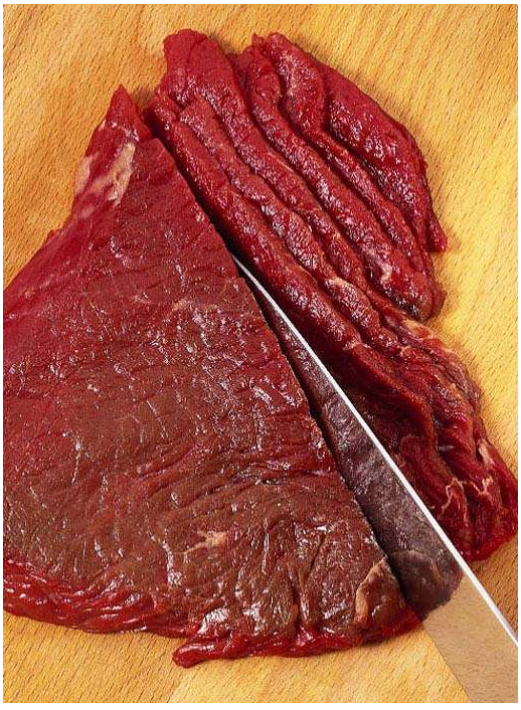
- Preparing Different Beef Meat Cuts



Edging fat of a rump steak being cut through with scissors.

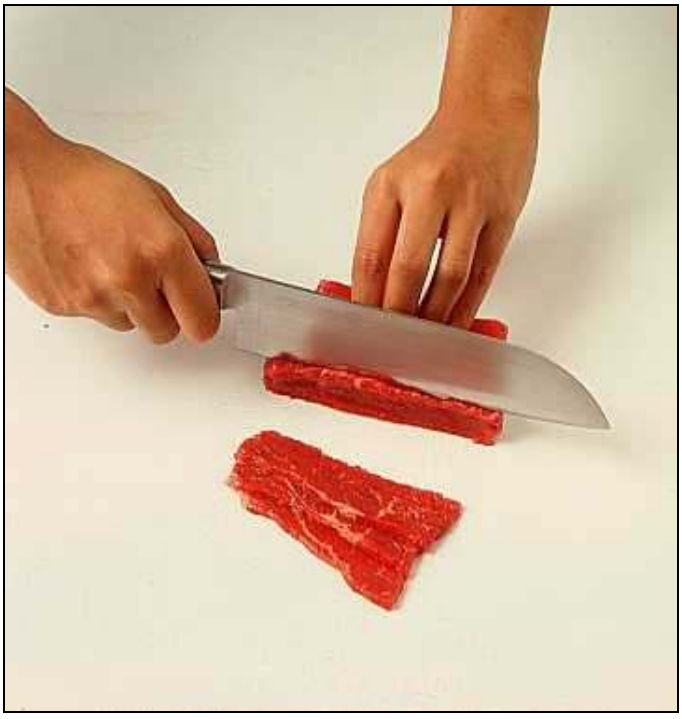


Fat being trimmed off the edges of braising steak.



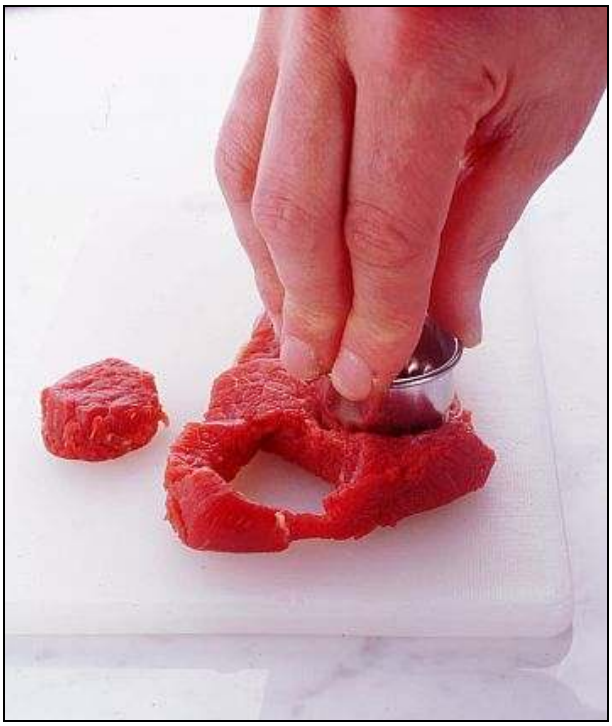
Tender cuts

Slicing, thin strips being cut off a steak.



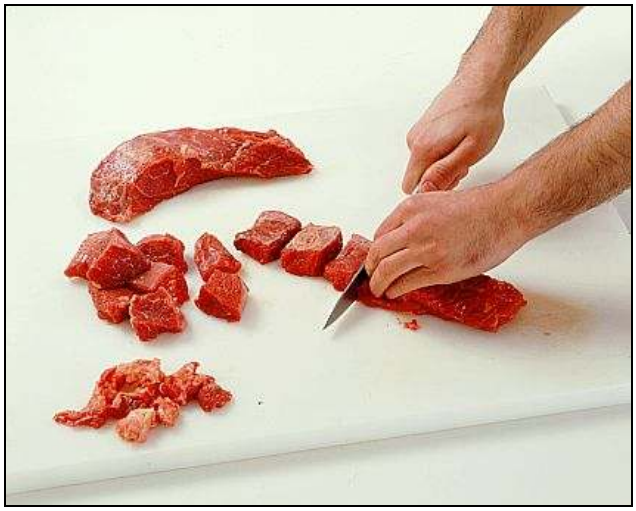
Slicing some beef

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Steak Rounds

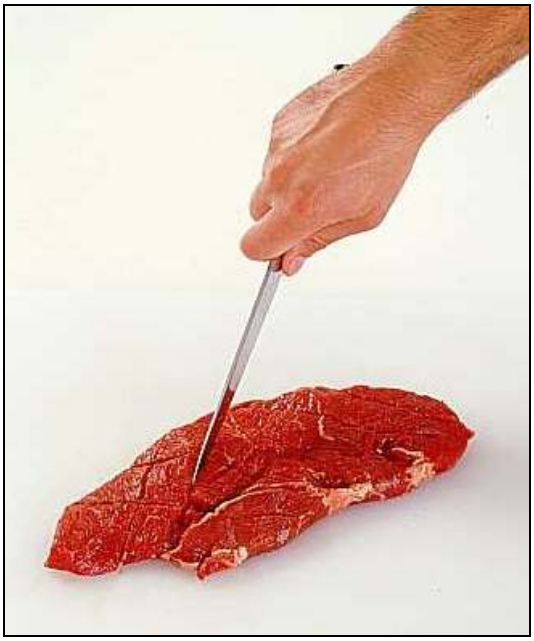
Close-up of stamping out steak rounds.



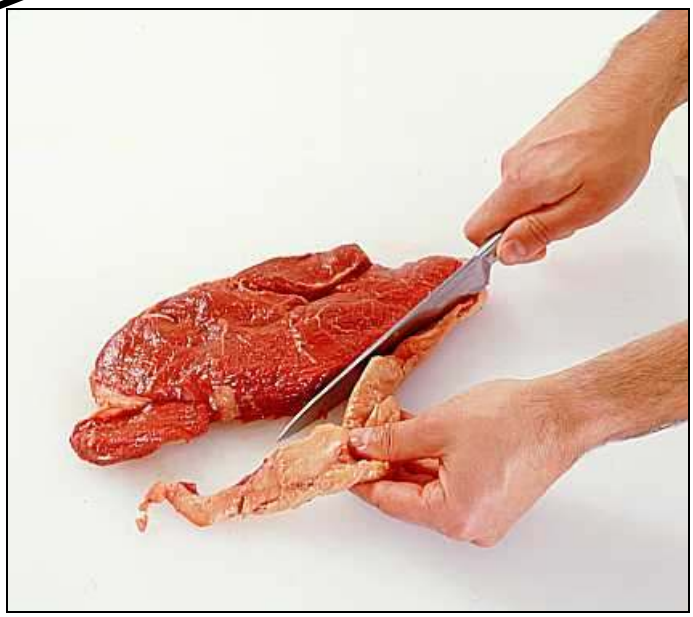
Preparing Marinate beef Cutting strips of beef into cubes

- Prepare the Marinade and Marinate the Steak

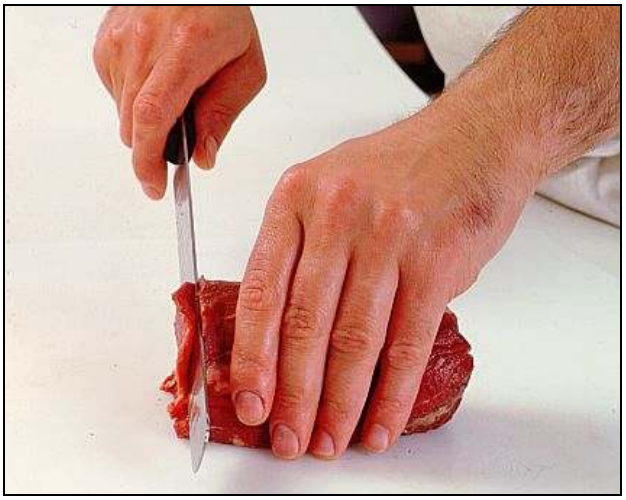
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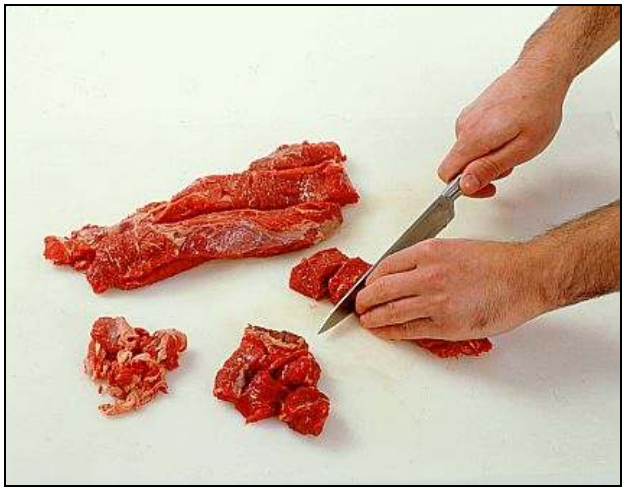
Steak being Scored



Fat Trimmed off Steak



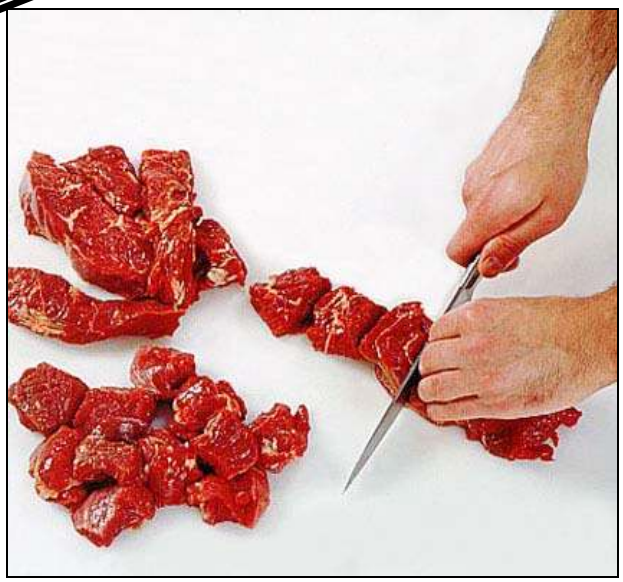
Slicing raw beef



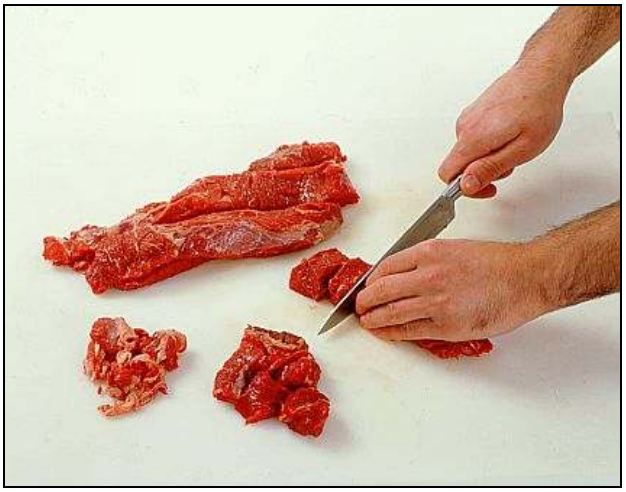
Cutting up beef

Cutting the braising steak into cubes

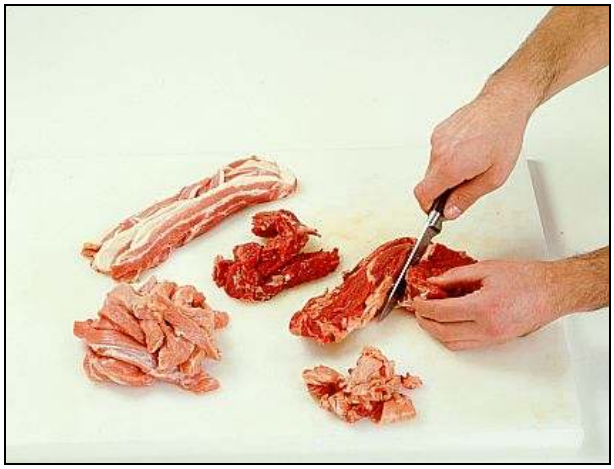
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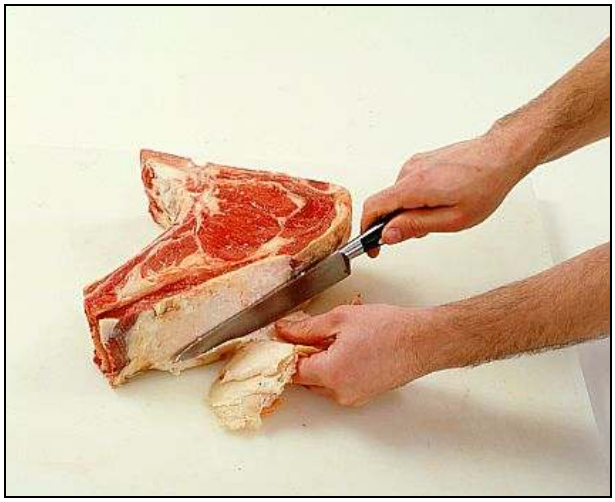
Cutting Up Beef Cubes For Stew



Cutting the braising steak into cubes



Trimming fat off braising steak



Trimming fat off rib of beef

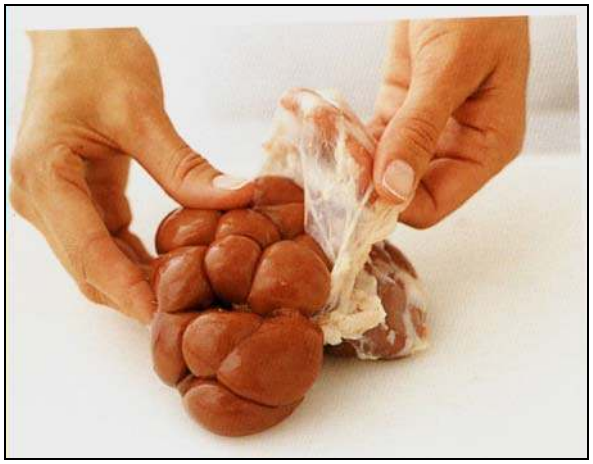
- Four Steps For Preparing Beef kidneys

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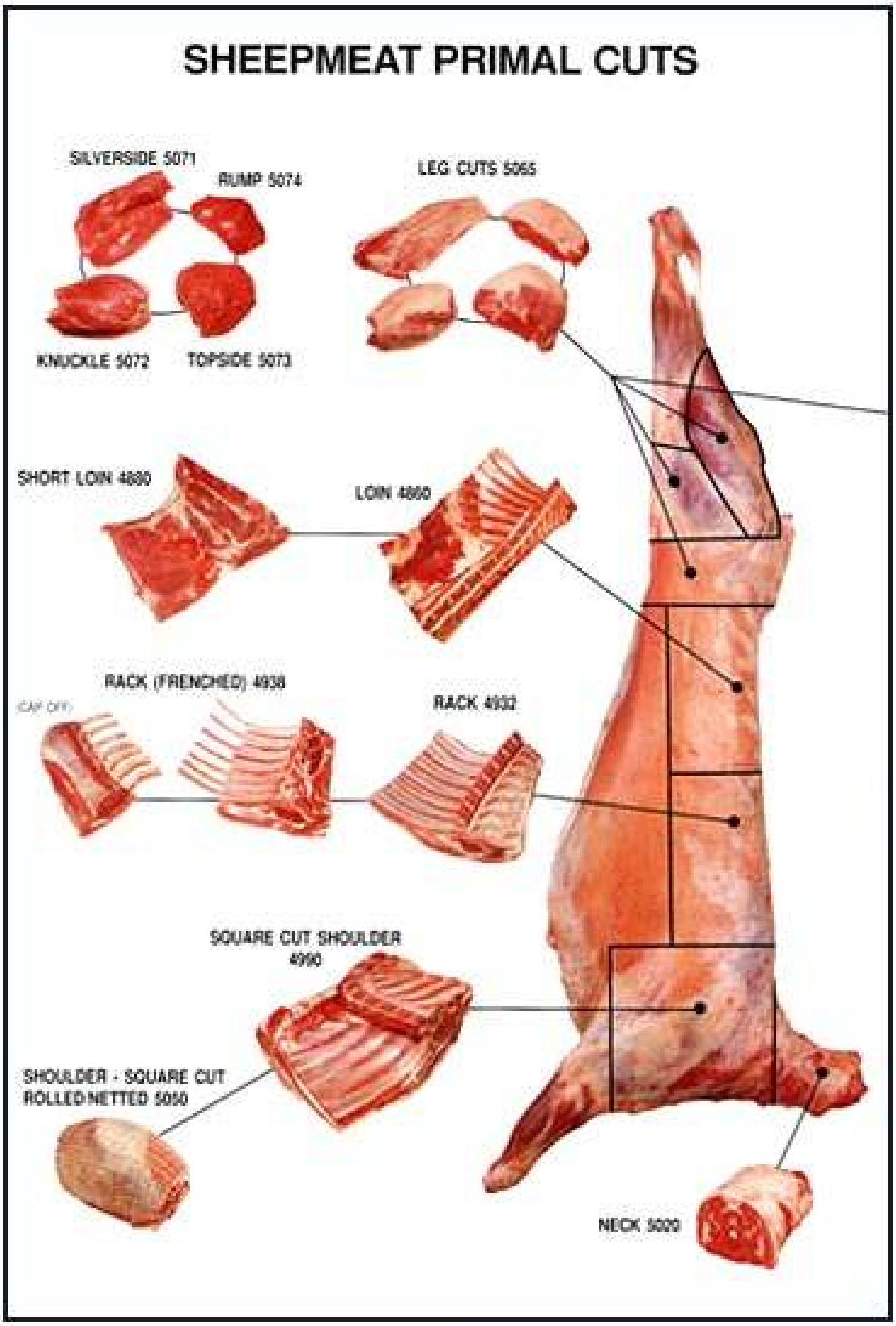




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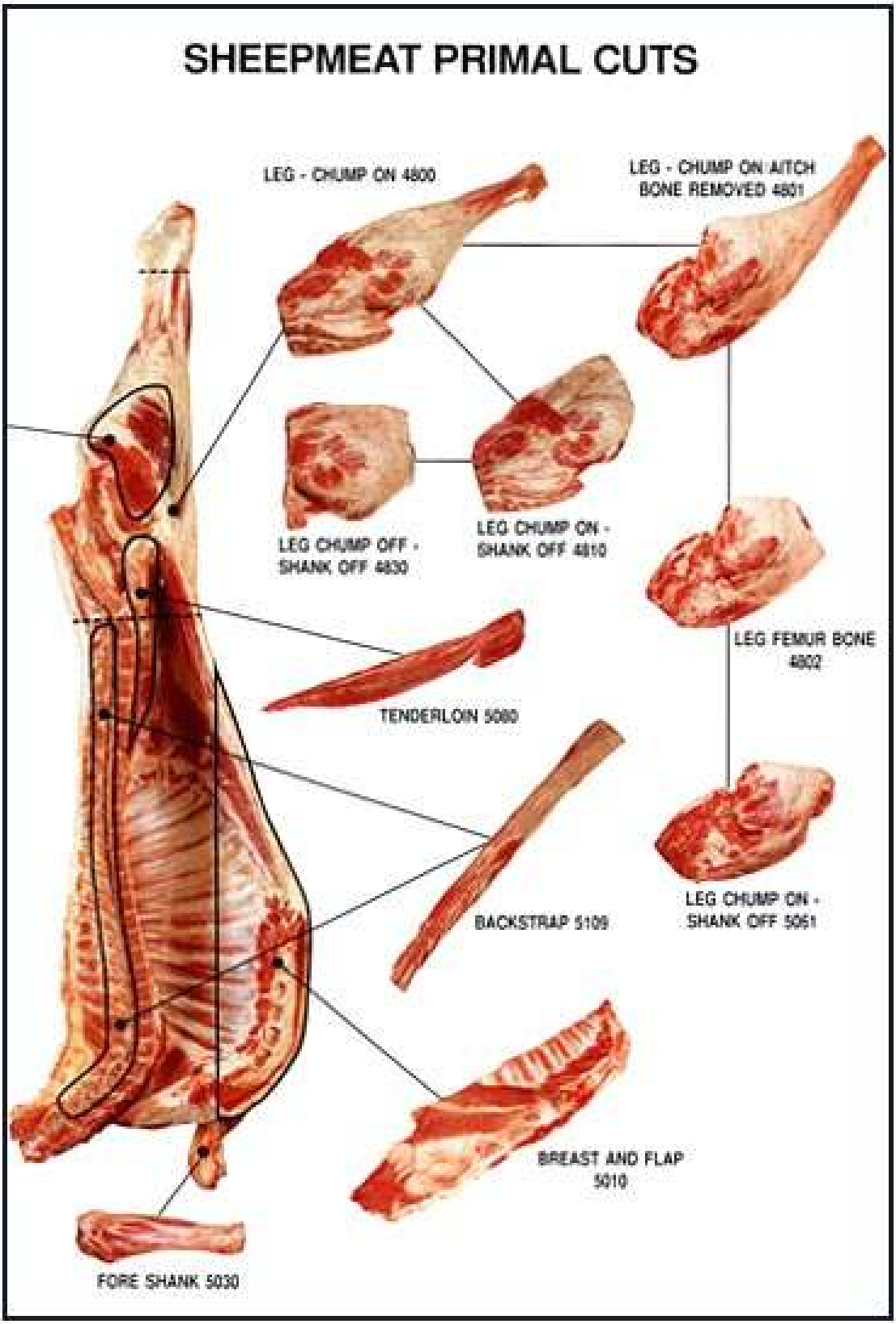
SHEEP MEAT

- Sheep Primal Cuts(out side Carcase)



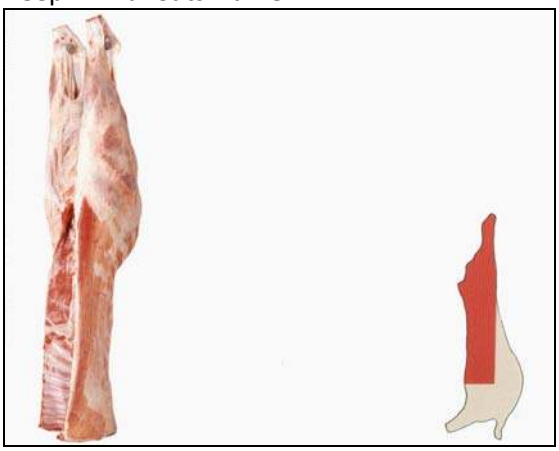
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- Sheep Primal Cuts(in side Carcase)



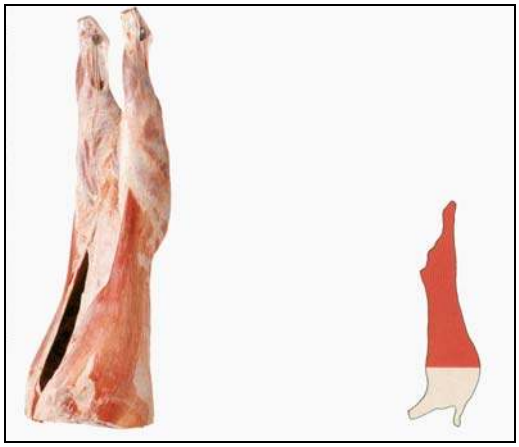
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- Sheep Primal Cuts Name



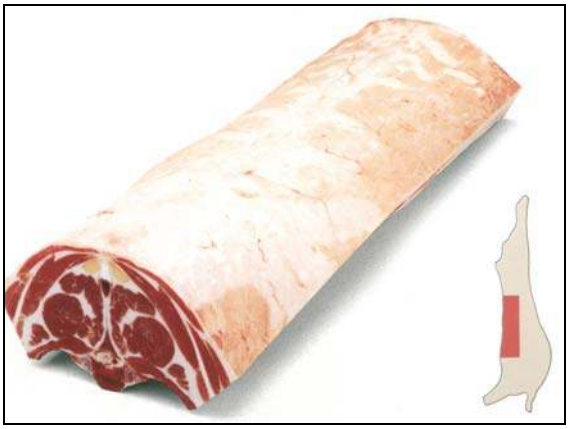
PISTOLA

Cut from a bone-in carcase with 5 rib forequarters removed by a cut at right angles to the line of the back between the 5th and 6th rib. The flap is removed by a cut commencing below the precrural gland and continuing to a specified distance from the eye of meat at the 6th rib.



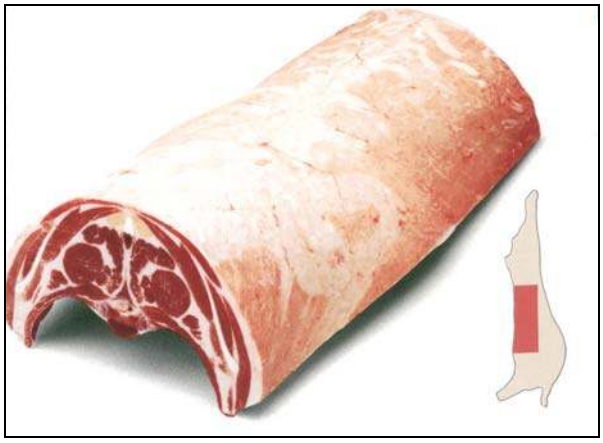
HANDS AND ENDS

The entire remaining portion of the bone-in carcase after the removal of 5 rib forequarters by a cut at right angles to the line of the back between the 5th and 6th rib



SADDLE (8 RIB CHUMP OFF 25 mm)

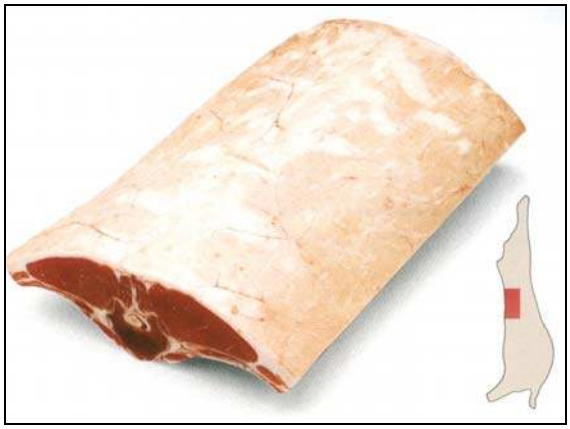
Derived from a saddle with the flap removed 25mm from the eye of meat.



SADDLE (8 RIB CHUMP OFF 75 mm)

Derived from a saddle with the flap removed 75mm from the eye of meat.

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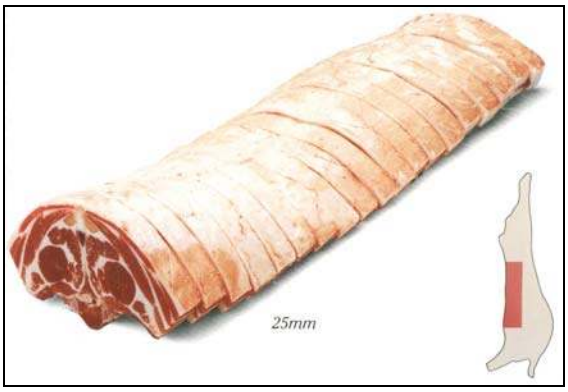
SADDLE (1 RIB 25 mm SHORTLOIN)

Derived from an 8th saddle chump off (25mm) by cut at right angles to the mid line between the 12th and 13th thoracic vertebrae leaving a 7 rib rack saddle.



SADDLE (7 RIB OFF 25 mm RACK)

Derived from an 8 rib saddle (25mm) by a cut at right angles to the mid line between the 12th and 13th thoracic vertebrae a 1 rib loin saddle.



SADDLE (REFORMED CUTLETS)

Cutlets from an 8 rib chump off saddle reformed



SADDLE BUTTERFLY CHOPS DOUBLE

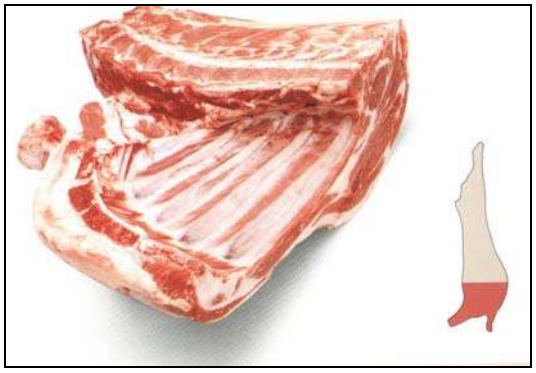
Cutlets from an 8 rib chump of saddle chops (top right) and rack saddle chops (lower)

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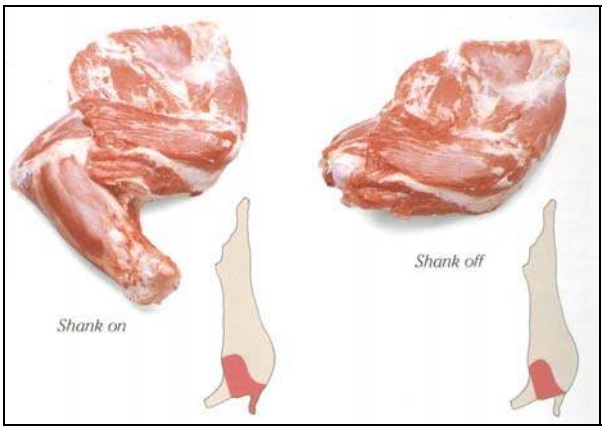
FOREQUARTER 5 RIB BREASTOFF

Prepared from a 5 rib forequarter. The point end brisket is removed by a cut parallel to the line of the back and just clearing the elbow joint.



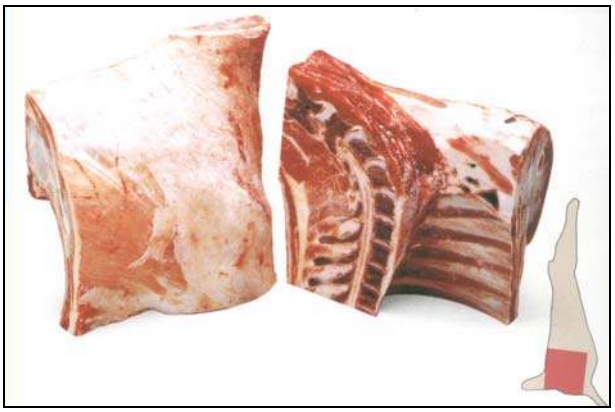
SHORT FOREQUARTER 5 RIB

Derived from a neck string on carcase. Prepares from a bone-in side by a cut at right angles to the line of the back between the 5th and 6th ribs.



SHOULDER OYSTER CUT

Derived from a neck string on or neck string off carcase. Prepared from a bone-in forequarter and includes the fore shank, arm bone and shoulder blade, together with al the muscles overlying the shoulder blade and the first underlying muscle attached to the shoulder blade. These parts are separated from the balance of the forequarter along the first natural seam beneath the blade.



SHOULDER SQUARE CUT

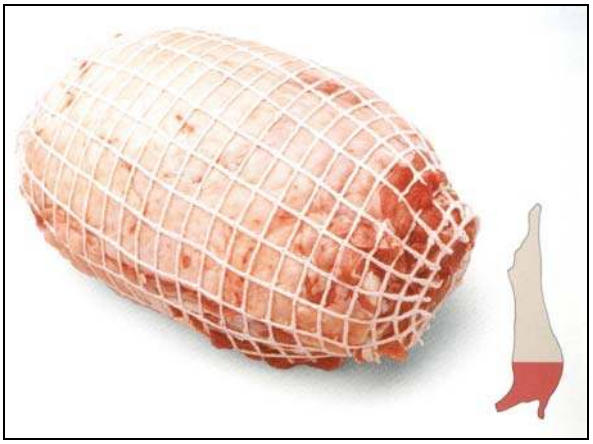
Derived from a neck string off carcase. Taken from a bone-in forequarter by removing the shank and breast on a straight line parallel to the line of the back.

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SHANK

The born-in shank is removed from the shoulder by a cut through the arm bone. Cut in conjunction with a square cut shoulder knuckle tip removed.



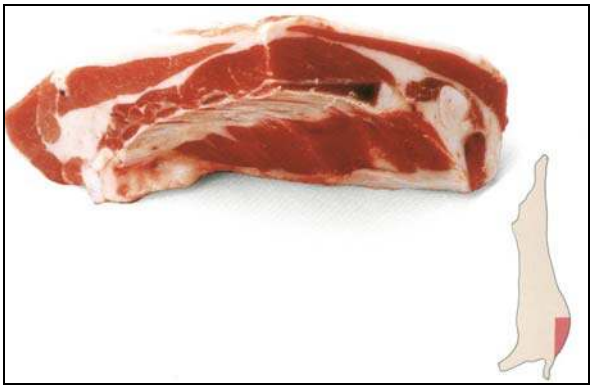
BONELESS SHOULDER

Prepared from a bone-in forequarter by the removal of all bones.



NECK SLICES

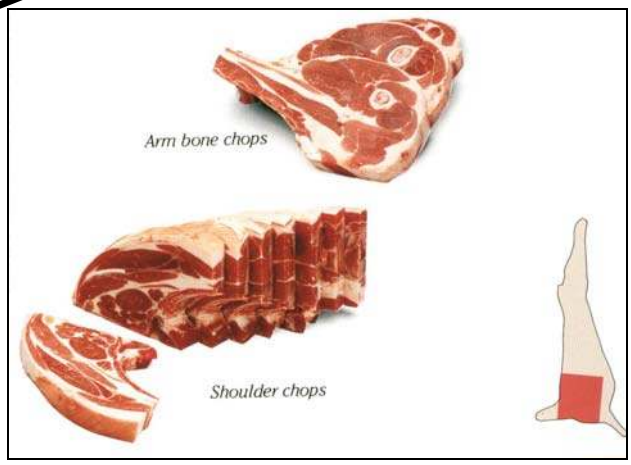
The neck slices are obtained from a bone-in full neck and consists of up to 4 cervical vertebrae and associated muscle tissue cut into slices approximately thick



BREAST

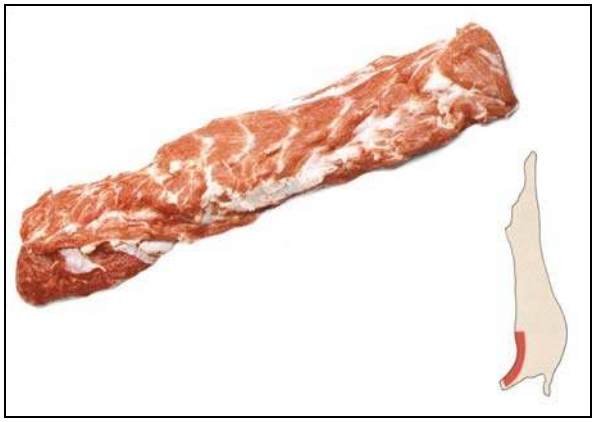
Consists of the point end brisket removed from a bone-in 5 rib forequarter.

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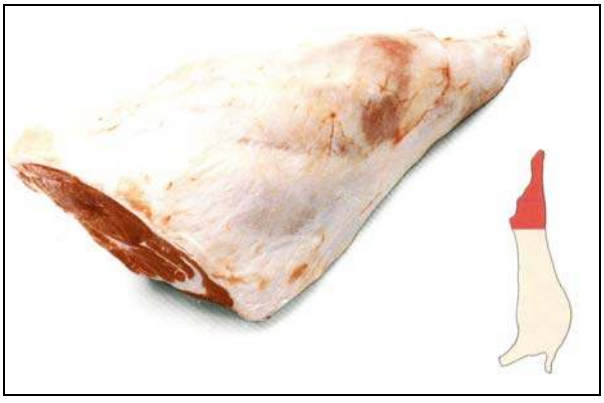
SHOULDER CHOPS

Obtained from a square cut shoulder. After cutting 3 or 4 arm bone chops parallel to the line of the back, the shoulder chops are cut from the remaining shoulder at right angles to the line of the back.



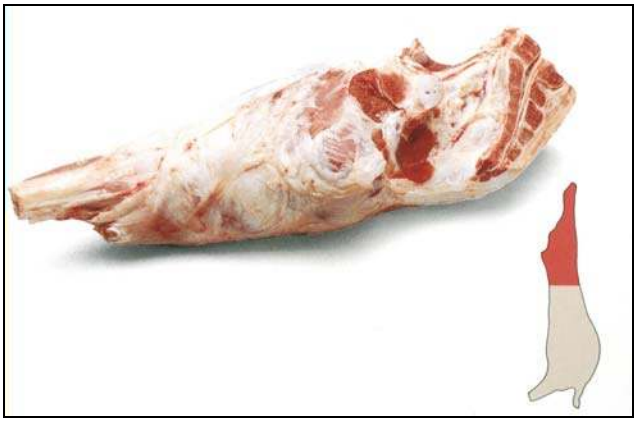
NECK FILLET

The eye of meat from a 5 rib forequarter produced in conjunction with an oyster shoulder or a B/L shoulder.



LEG CHUMP OFF (SHORT LEG,CKT LEG,TRIPLE X LEG)

Taken from a bone-in side by straight cut at right angles to the line of the back approximately 30 mm below the round of the aitch bone.



LEG CHUMP ON (LONG LEG)

Taken from a bone-in side by a straight cut at right angles to the line of the back through the cushion between the 5^{th} and 6^{th} lumbar vertebrae.

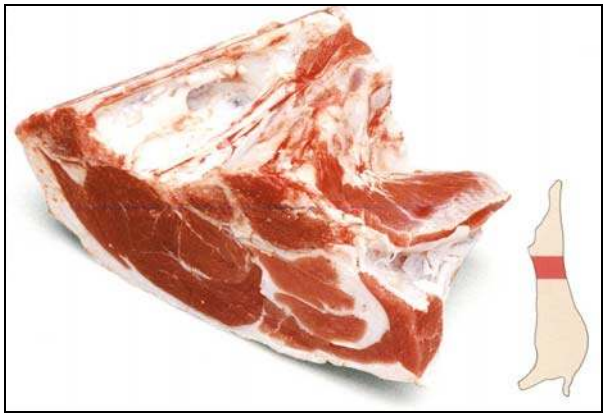
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LEG (CHUMP ON, SHANK ON)

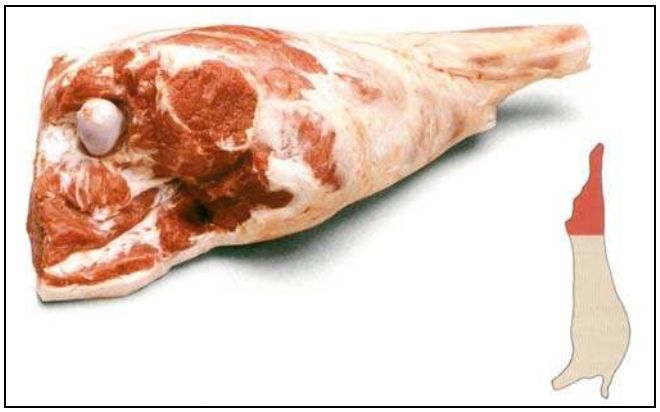
(SEMI B/L, AICTH BONE OUT, CAVERY LEG)

Prepared from a long leg by removal of the aitch bone and sacral vertebrae.



CHUMP

Taken from a long leg by removal short leg



LEG/CHUMP OFF, SHANK OFF

(SEMI B/L, AITCH BONE OUT)

Prepared from a short leg by the removal of the aitch bone and sacral vertebrae.

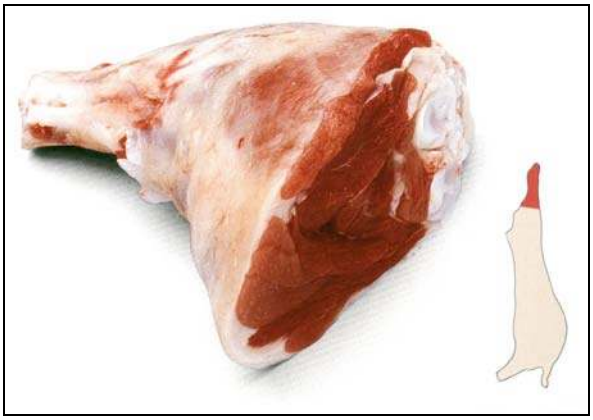


LEG/CHUMP ON, SHANK OFF

(FEMUR BONE)

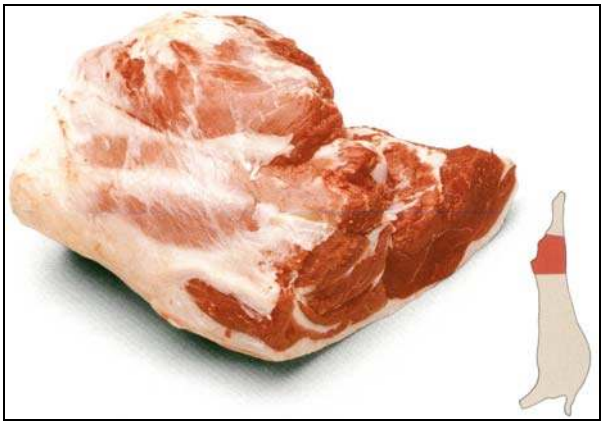
Prepared from a long leg by the removal of the aitch bone and sacral vertebrae. The shank is removed by a straight cut through the stifle joint.

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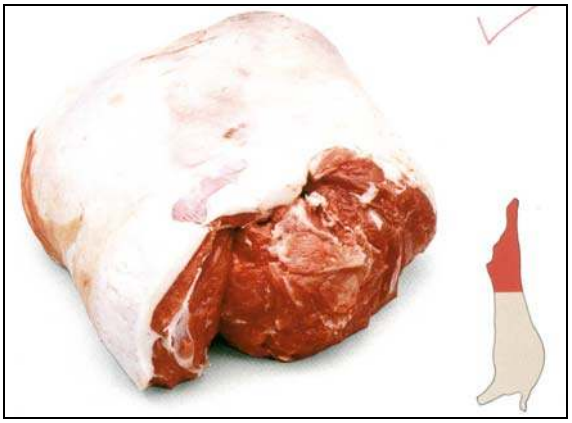
HIND SHANK

Prepared from a bone-in leg by a straight cut through the stifle joint. The knuckle tips is removed.



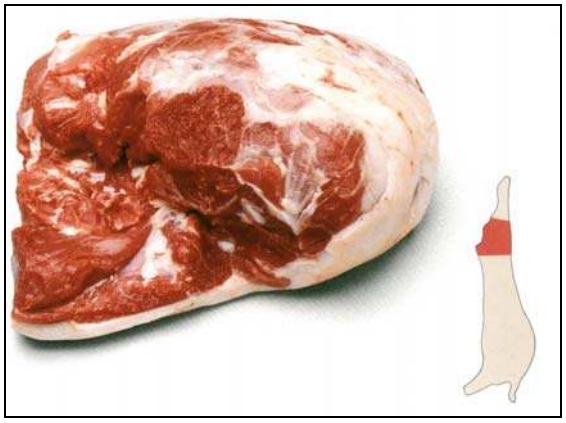
LEGCHUMP OFF, SHANK OF

Prepares from a short leg by the removal of the aitch bone and sacral vertebrae. The shank is removed by a straight cut through the stifle joint.



LEG CHUMP ON B/L

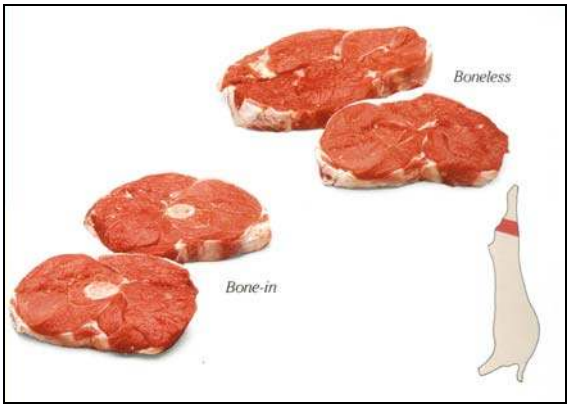
Prepared from a long leg from which all bones are removed. The shank meal and flank may be removed according to specification. The resultant B/L product may be rolled, tied, netted.



LEG SHANK OFF B/L

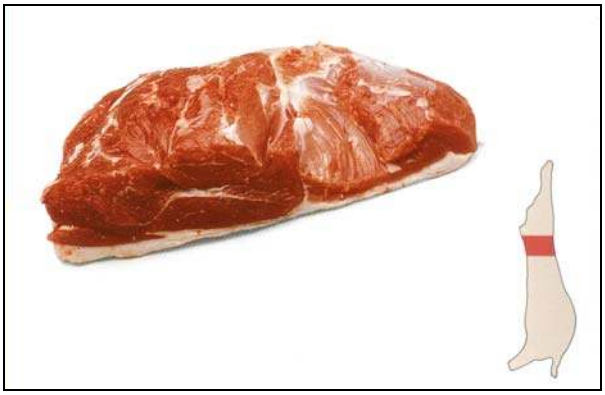
Prepared from a chump on or chump off, shank off femur bone leg by the removal of the femur bone using the tunnel boning method.

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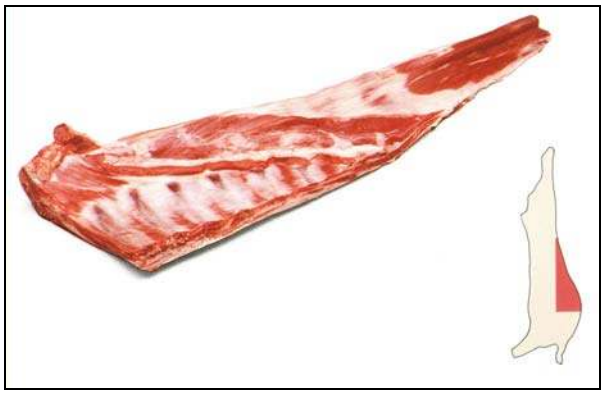
LEG STEAKS

Prepared from the femur bone section of a leg. Steaks removed a right angles to the femur bone along the length of the shaft of the femur bone.



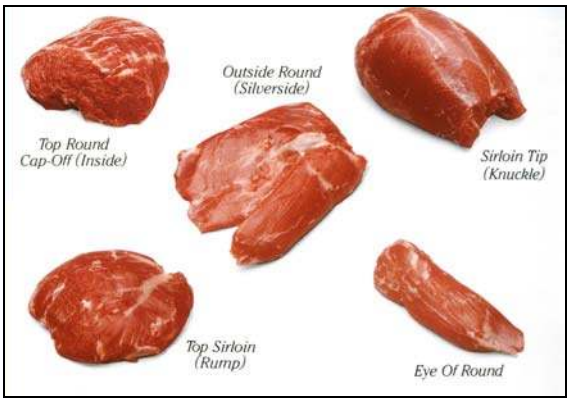
CHUMP B/L

Prepared from a bone-in chump by the removal of all bones and deposits of fat.



FLAP B/IN

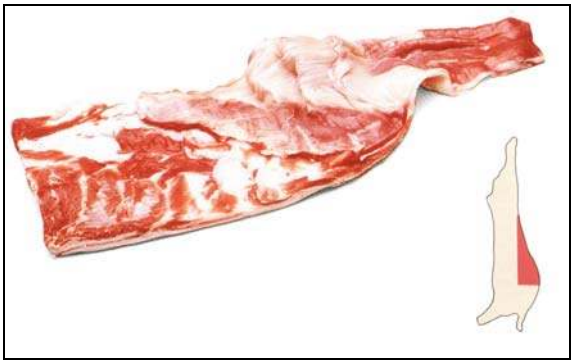
Derived as an off cut from a pistola saddle or long loin. Consists of the abdominal wall tissues and rib ends and is removed by a cut commencing below the precrural gland and continuing on a line parallel to the line of the back to a distance from the eye of meat is determined by the specification of the primal cut.



LEG SUB PRIMAL CUTS

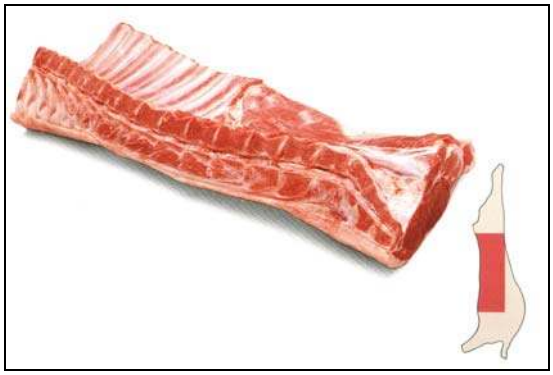
A range of subprimal cuts can be obtained by seam boning the leg.

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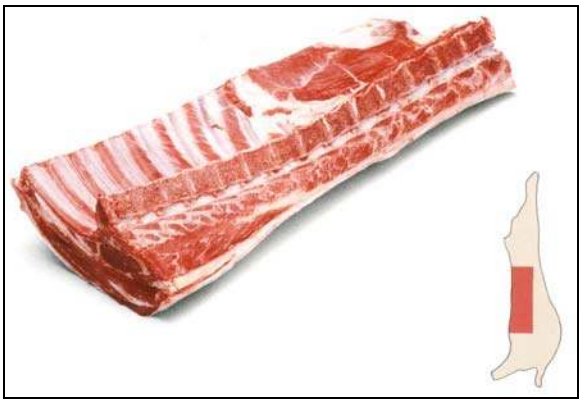
FLAP B/L

Derived from a bone-in flap with all bones and cartilage removed.



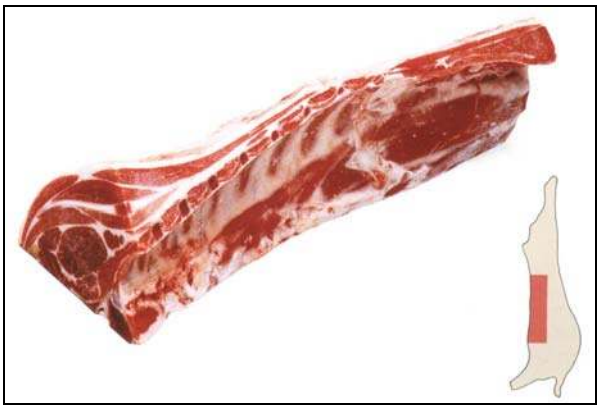
LOIN(8 RIB CHUMP ON) LONG LOIN

Taken from a bone-in side by the removal of the short leg and 5 rib forequarter. The flap is removed on a line parallel with the line of the back.



LOIN 8 RIB CHUMP OFF 75mm

Derived from an 8 rib chump off loin with the flap removed 75mm from the eye of meat.



LOIN 8 RIB CHUMP OFF 25mm

Derived from an 8 rib chump off loin with the flap removed 25 mm from the eye of meat.

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SHORT LOIN (1RIB LOIN)

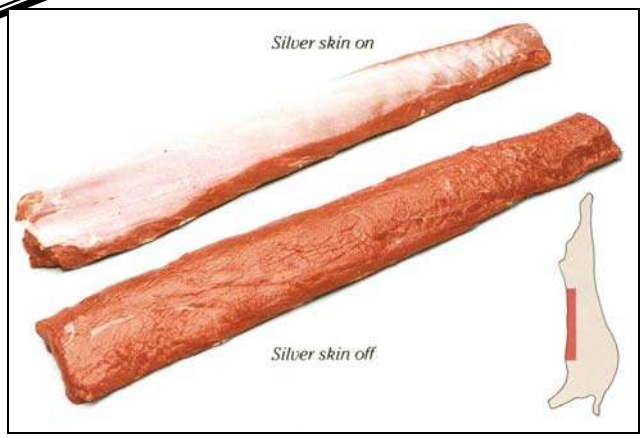
Derived from an 8 rib chump off loin by a cut at right angles to the back between the 12th and 13th thoracic vertebrae leaving a 7 rib rack.



RACK (BEAST END)

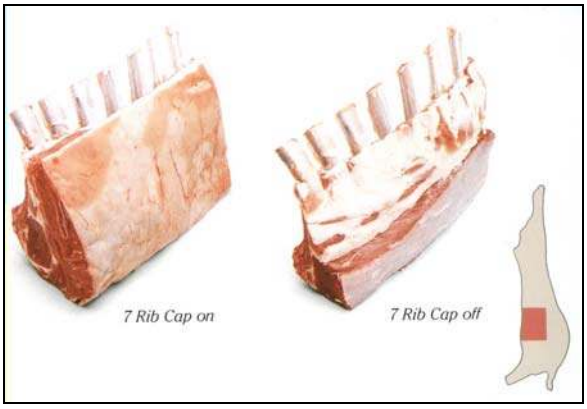
Derived from an 8 rib chump off loin by a cut at right angles to the line of the back between the 12th and 13th thoracic vertebrae leaving a 1 rib loin.

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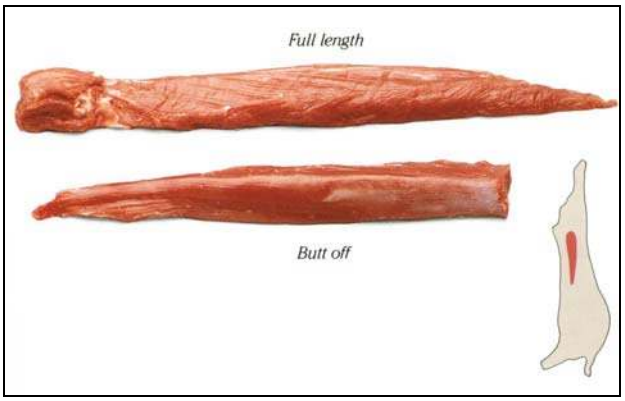
LOIN B/L

The full length eye of meat from a 8 rib chump off loin.



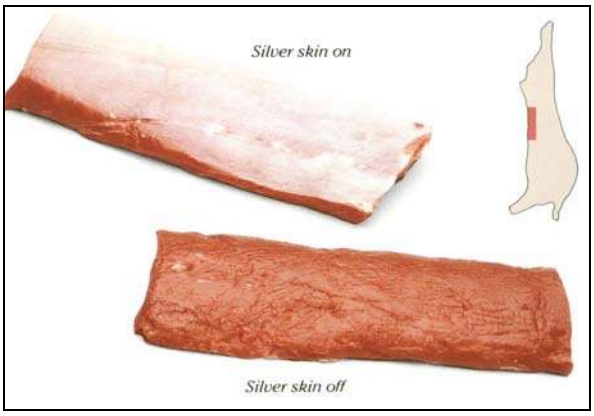
RACK (CHINED, FEATHERED,FRENCHED)

Derived from a rack by the removal of the chine and feather bones. Rib ends are frenched back to expose rib fingers. All meat and tissue removed from and between the rib fingers.



TENDRLOIN

The but off(short) tenderloin is taken from a 1-rib loin. The full length tenderloin is taken from a chump on loin or a B/L side. Side muscle is generally removed.



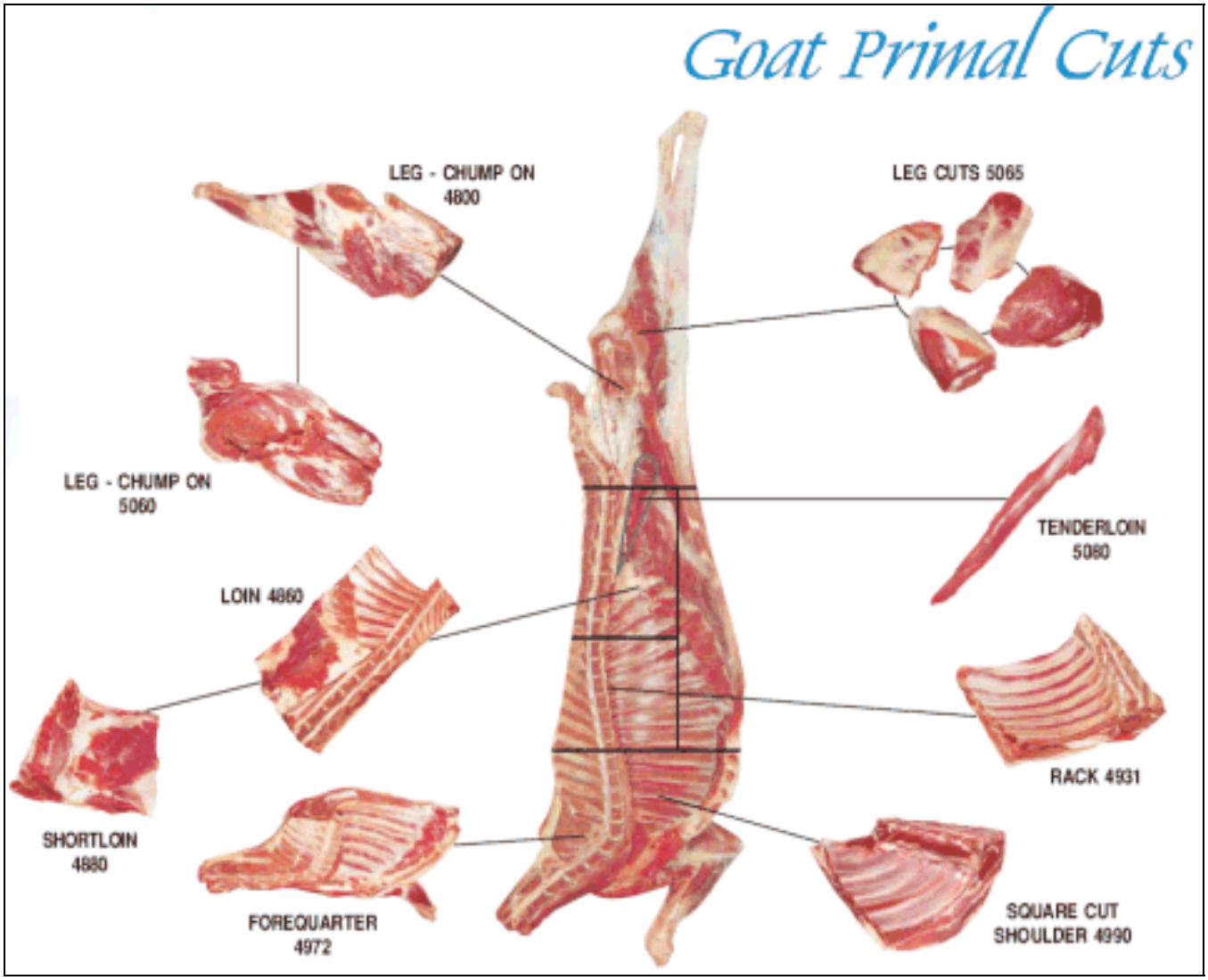
SHORT LOIN B/L

The eye of meat from a 1 rib loin

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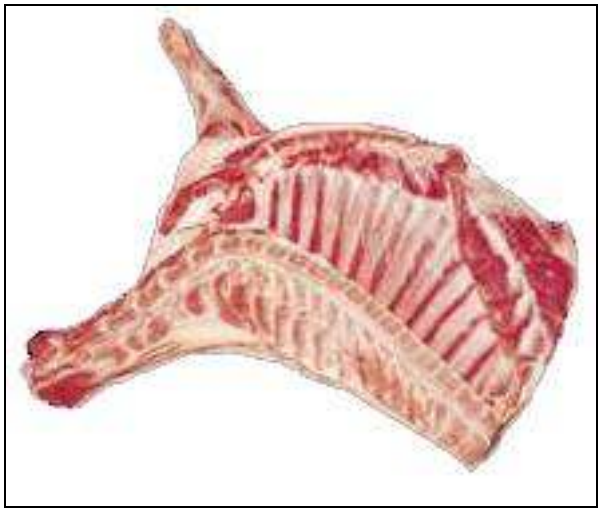
GOAT MEAT

- Goat Primal cuts



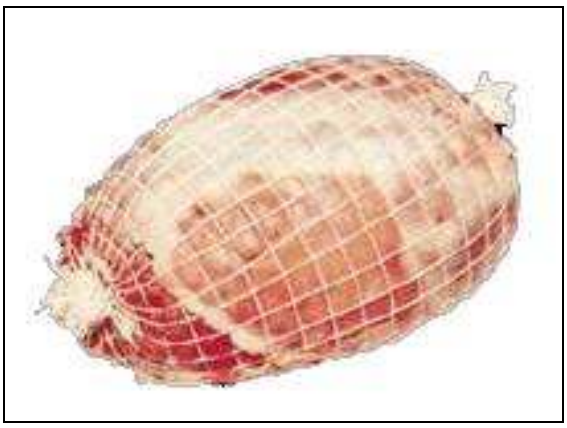
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- Goat Primal Cuts Name



FOREQUARTER

Forequarter is prepared from a side by a straight cut between the specified ribs separating the forequarter and the hindquarter.



BONELESS FOREQUARTER

Forequarter is prepared from a bone in forequarter by the removal of bones, cartilage, ligament niche and lymph nodes.



LEG - CHUMP ON.

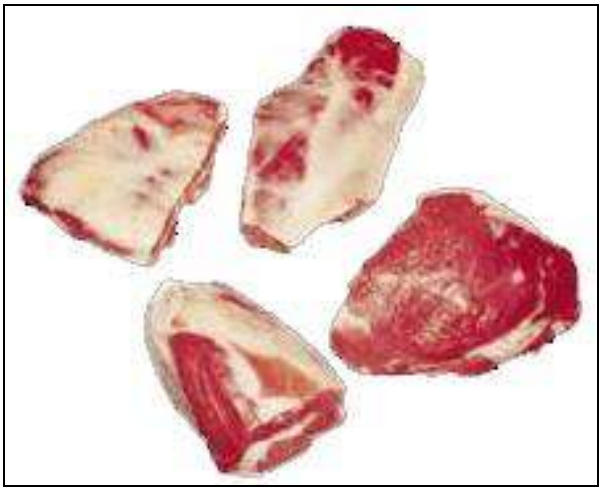
Leg-chump on is prepared from a side by a straight cut passing through the 6th lumbar vertebrae to a point just clear of the tip of the ileum and to the ventral portion of the flank.



BONELESS LEG - CHUMP ON

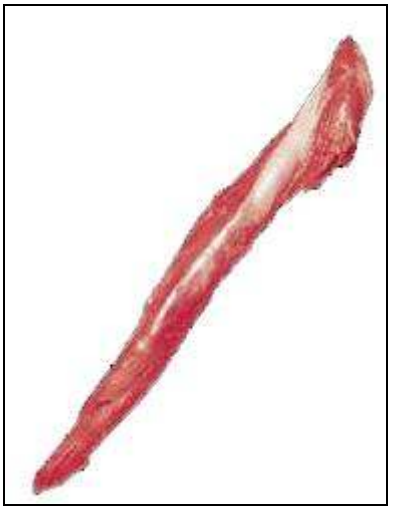
Leg chump on is prepared from a leg by the removal of bones, cartilage, tendons and lymph nodes.

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LEG CUTS

Leg cuts are prepared from a boneless leg and seamed into four individual primal cuts:



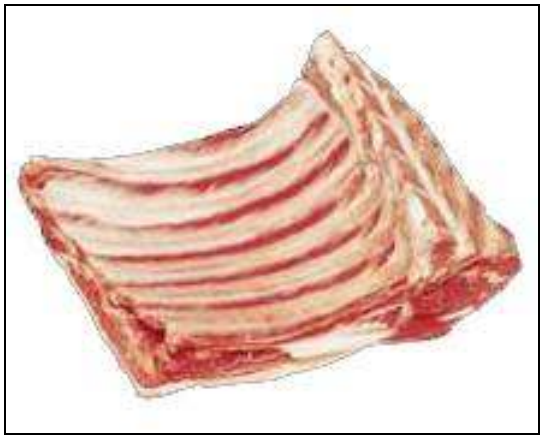
TENDERLOIN

Tenderloin (fillet) is derived from a side by removing the muscles in one piece from the ventral surface of the lumbar vertebrae and lateral surface of the ileum.



LOIN(4860)

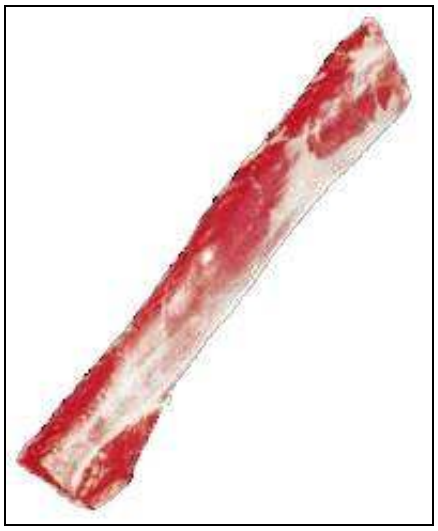
Loin is prepared from a side by the removal of the forequarter along the specified rib, and removal of the leg by a cut passing through the lumbo sacral junction to the flank.



RACK

Rack is prepared from a loin (item 4860) by a cut between the M.longissimus thoracis (eye muscle) between 12th and 13th ribs.

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EYE OF LOIN

Eye of loin is prepared from item 4860 and is the eye muscle portion. The number of ribs will determine its length.



SHORT LOIN

Short loin is prepared from a loin (item 4860) by a cut between the M.longissimus thoracis (eye muscle).

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LAMB AND GOAT PREPARING AND BONNING SYSTEMS

- Leg Trimming



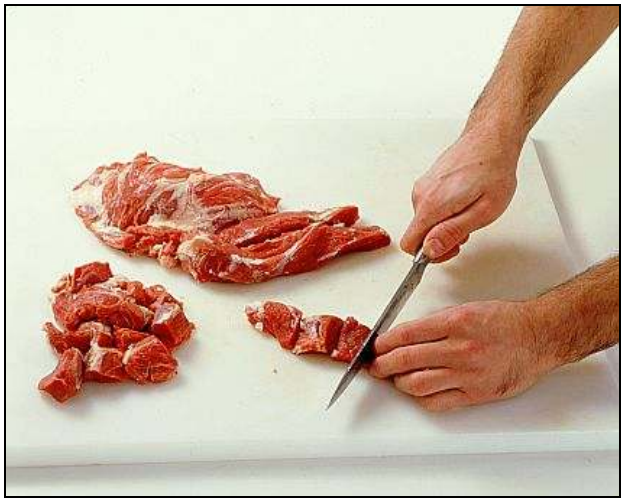
Trimming fat from lamb



Cubing strips of lamb



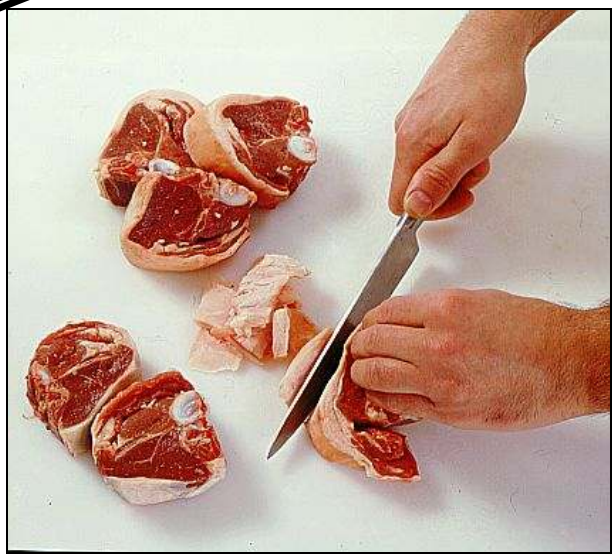
Trimming lamb chops



Cutting the excess off lamb shanks

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- Preparing Lamb Leg Roast



Step 1, a diamond pattern being scored in the fat of the lamb joint.



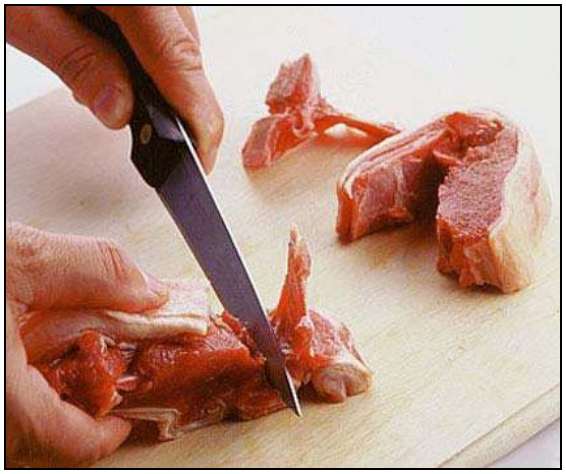
Step 2, a meat thermometer being inserted into the joint of lamb.

- Preparing Lamb For Grill

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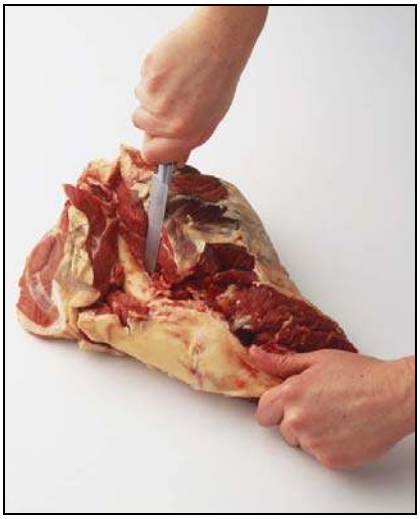
Herb-skewering lamb chop



.Boning lamb chops

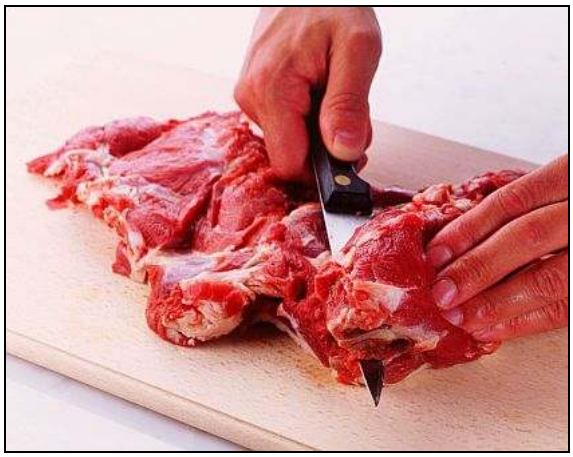
- Butter flying Leg-(A)

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Cutting round the shank

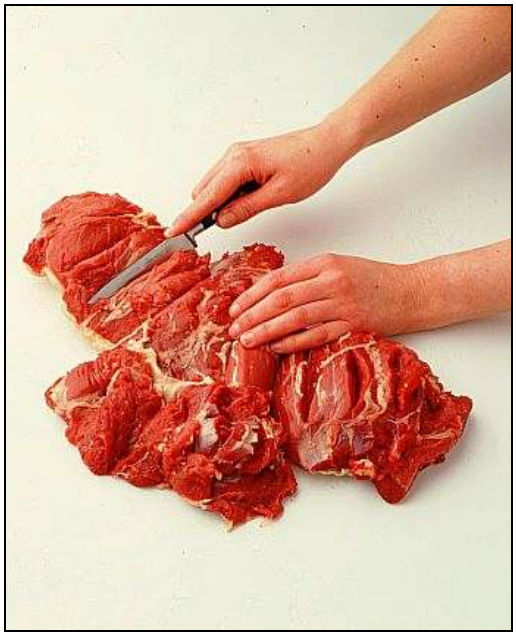


Keep the blade of the knife horizontal, make a lengthwise slit along the thick section of the meat next to the cavity left by the leg bone. Open out the flap and spread the meat flat like a book. Make another cut into the thick meat to form a 'butterfly'.



Cut a slit along the length of the bone to expose and loosen. Use short shallow cuts and scrape with the knife blade to release the meat from the bone. Remove bone.

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Opening out the meat.



Hold the meat firmly with the flat of your hand. Keeping the blade of the knife horizontal, slice into the thickest part of the meat again to open an additional flap for stuffing.

- Stuffing Butter flied Leg



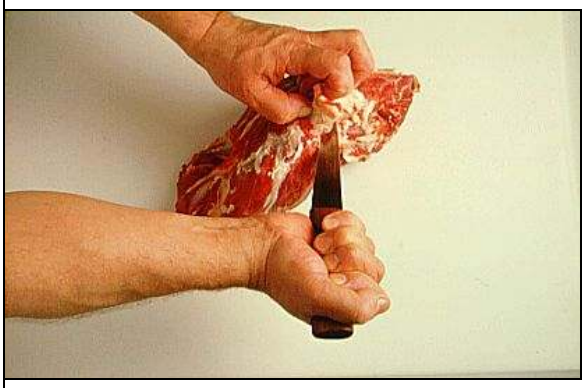
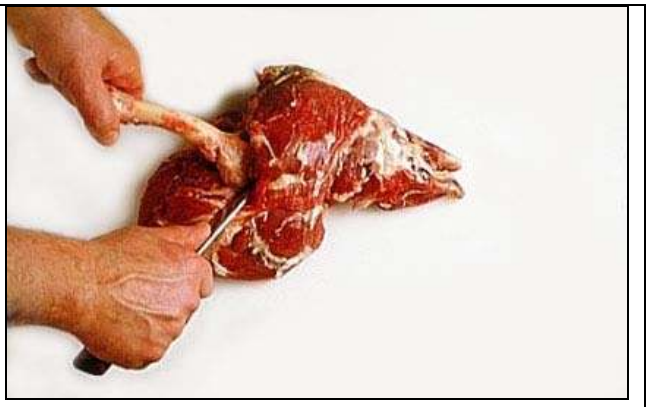
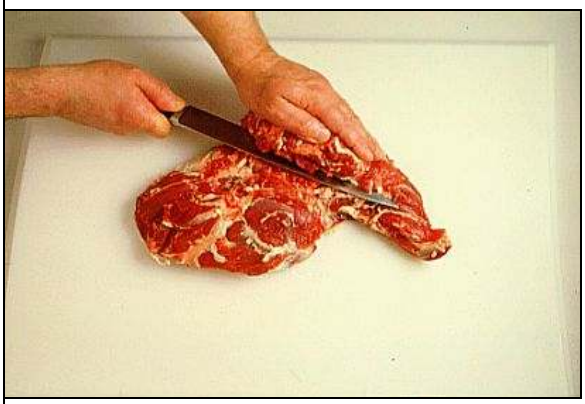
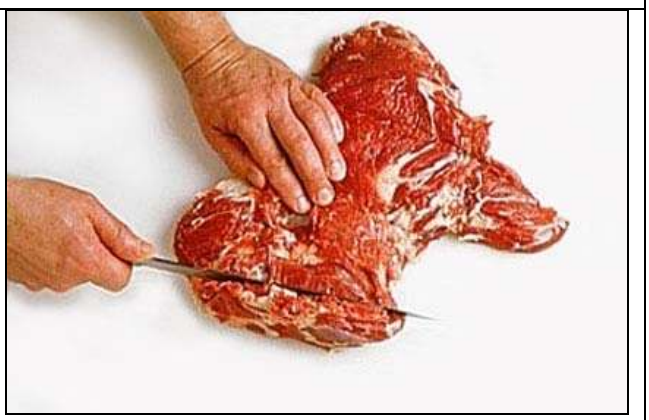
Thread the skewers through both sides of the meat to secure.



Sprinkling roughly chopped flat-leaf parsley over the stuffing

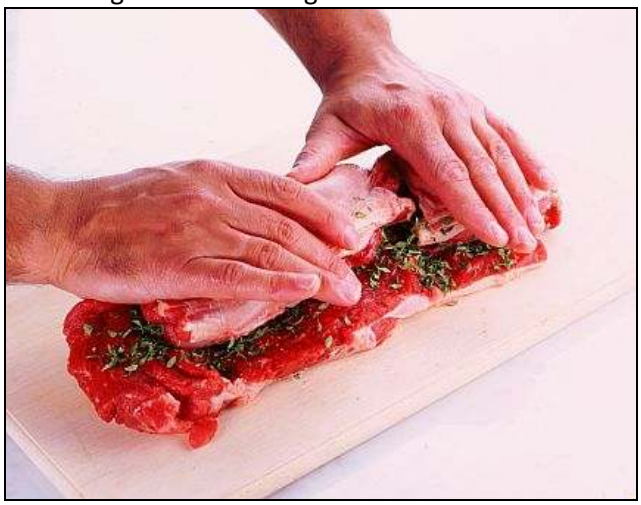
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- Butter flying Leg -(B)

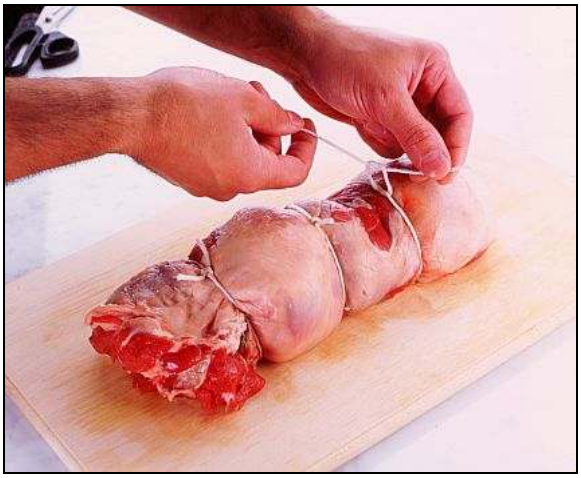
خطأ! 	
Removing the leg bone 'tunnel' fashion, by gently releasing each end from the meat.	Twist the bone and pull out. Using a small knife, scrap the tendons one by one from the meat.
خطأ! 	
Keeping the blade of knife horizontal, partially slit open the cavity left by the leg bone.	Working from the centre, make a similar horizontal cut in the thick muscle opposite, so that it can be opened out flat.

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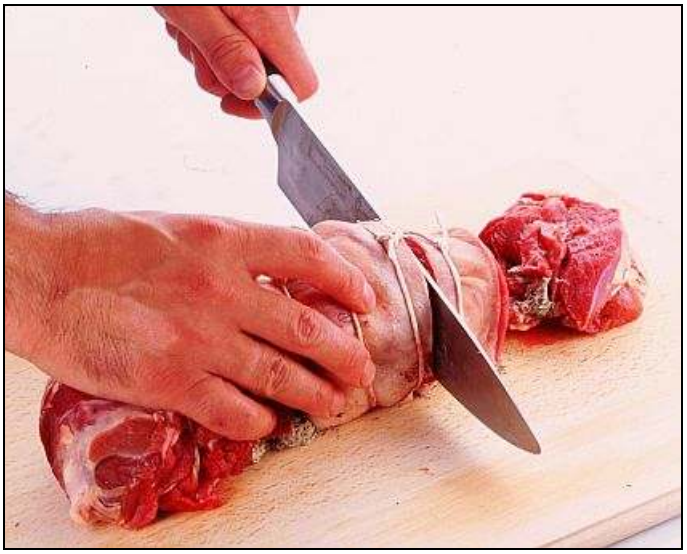
- Rolling Butter Flied Leg



Spread the meat evenly with seasoning and herbs. Roll up lengthwise as tightly as possible. Place roll seam side down on a wooden chopping board



Secure the roll with string. Starting in the centre, tie the meat tightly at 2cm intervals on the wooden chopping board



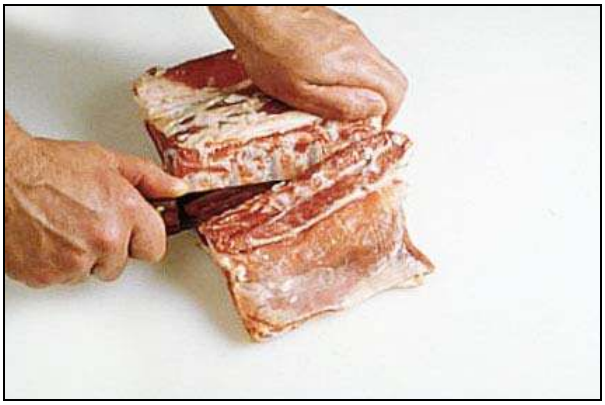
With the piece of lamb still on the wooden chopping board, cut between the strings to make equal-sized steaks.

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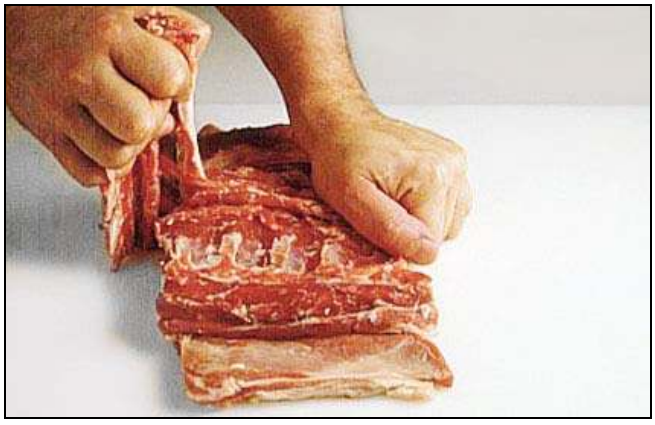
- Preparing saddle



Set the lamb on board, skin side up, with skirt flaps spread out. Trim the skirt flaps to 15 cm and all but thin layer of fat

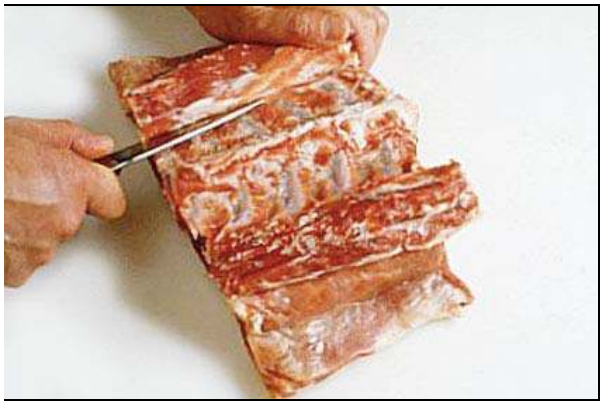


Run the knife along backbone, cutting and scraping to release the fillet, or tenderloin, but leaving it attached to the skin



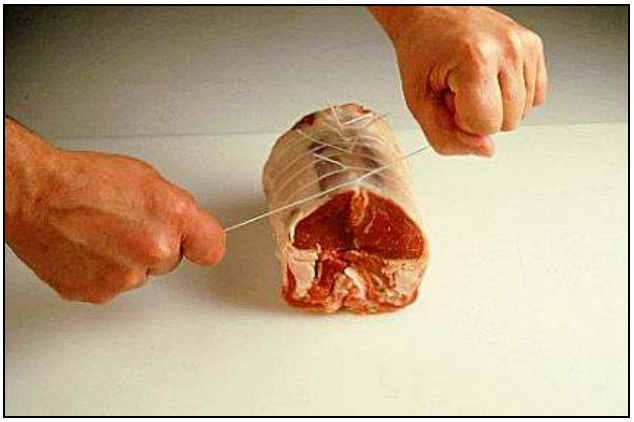
.Pressing down with hand and pull out the backbone

خطأ!



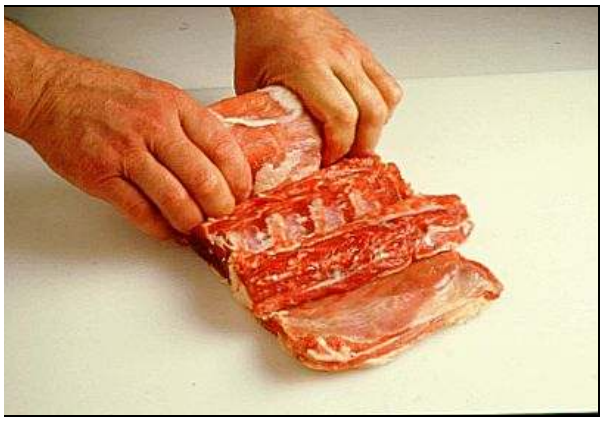
٣Repeat step on the other side to expose all the vertebrae. Scrape the meat from under the backbone to loosen it, without piercing the skin.

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Head-on view of tying the saddle in shape with string

خطأ!



Rolling the apron flaps over the boned fillet and eye meat, using hands.

- Boning Shoulder



Place shoulder skin side down. Cut a slit along the length of the two bones to expose. Cut and scrape the meat free from the shoulder bone. Cut through the joint to free the shoulder bone

خطأ!



Cut through the meat on either side of the blade bone. Scraping the bone free, pull away the blade bone from the meat.

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خطأ!



Trim off excess fat. Cut the meat into 4cm strips. Cut the strips into 4cm cubes. You will need 20 cubes for 4 servings

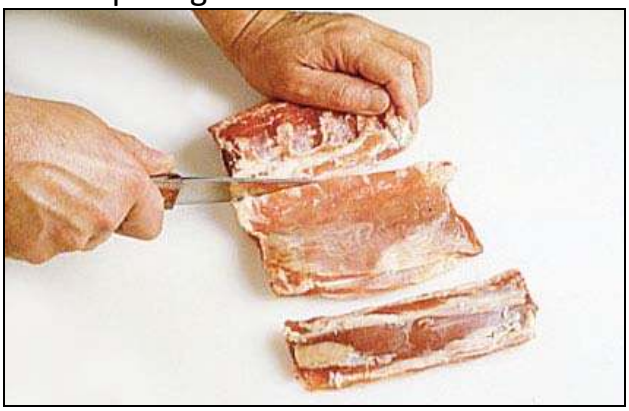
خطأ!



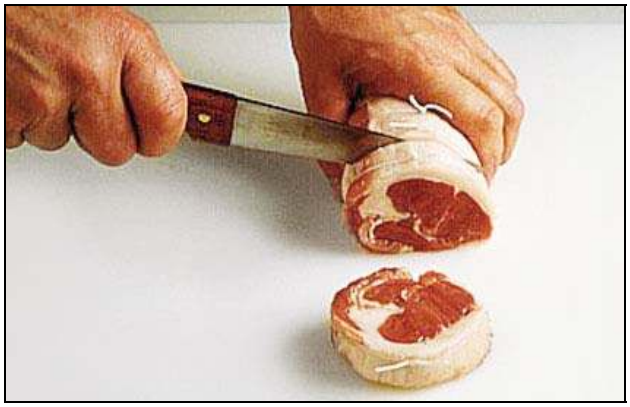
Boneless Lamb Shoulder

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- Preparing noisettes

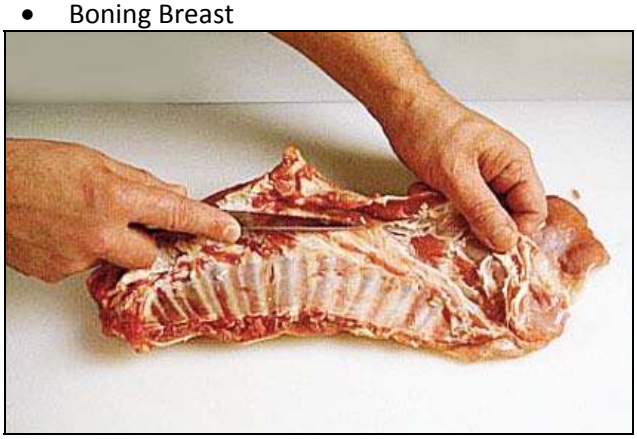


Cut the meat in half and roll each apron flap around the loin and eye meat.



For noisettes, cut between the strings securing the roll, using a knife.

- Boning Breast



Lifting the flap of meat lying along the bones and with a knife loosen the meat, without severing it.



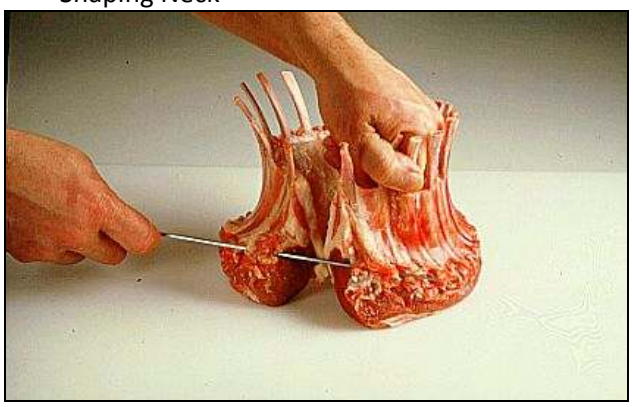
Running the knife along the end of the rib bones to loosen the meat.



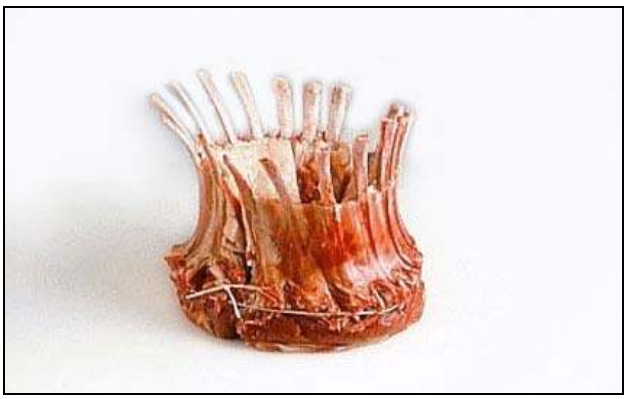
Removing the bones, using a knife.

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- Shaping Neck



After setting the pieces end to end, sew the ends together loosely on the rib side with a stitch, using a trussing needle and string.



View of meat with string looped around base to hold it in shape.

- Boning Shoulder

خطأ!

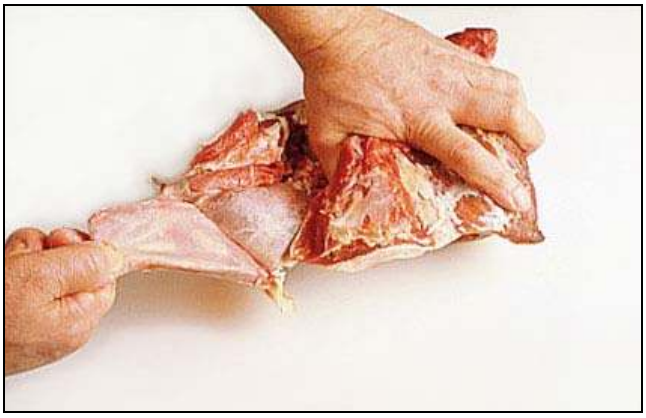


Using a sharp knife to make a slit on the far side of the shoulder from the knuckle bone.

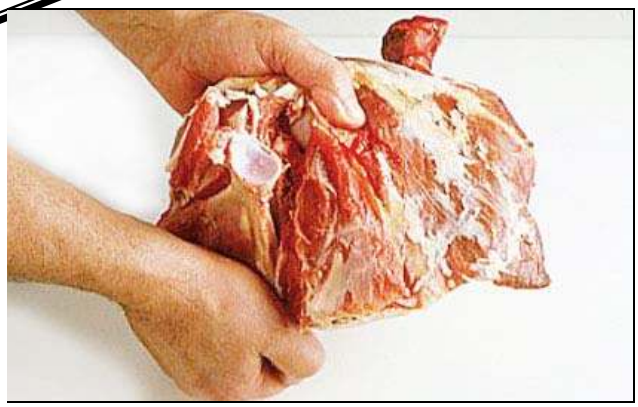


Cutting the meat from the surface of the blade bone to expose it, until you reach the joint.

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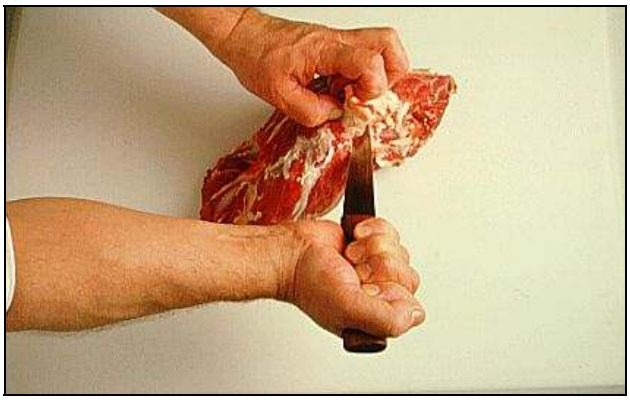


Strip out the blade bone by holding the end and pulling it sharply towards you.



Severing the joint by pulling it apart with your hands so that the blade bone can be removed.

- Boning Leg (A)



To loosen the pelvic bone, place leg on board, pelvic bone upwards, and use a sharp knife to outline the edges of the bone exposed at the end of fillet.

خطأ!



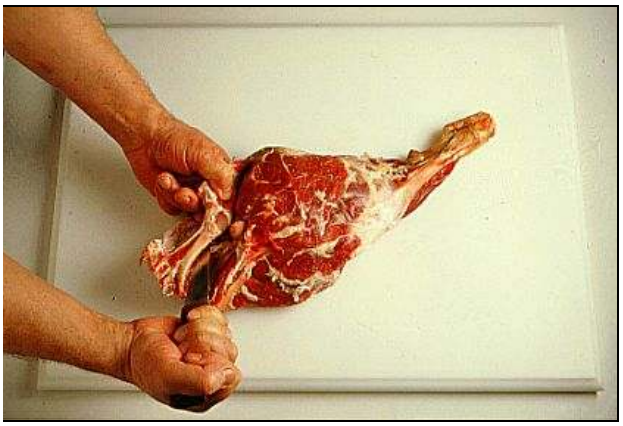
Steady joint with hand. Tear off skin, for a better grip use a cloth.

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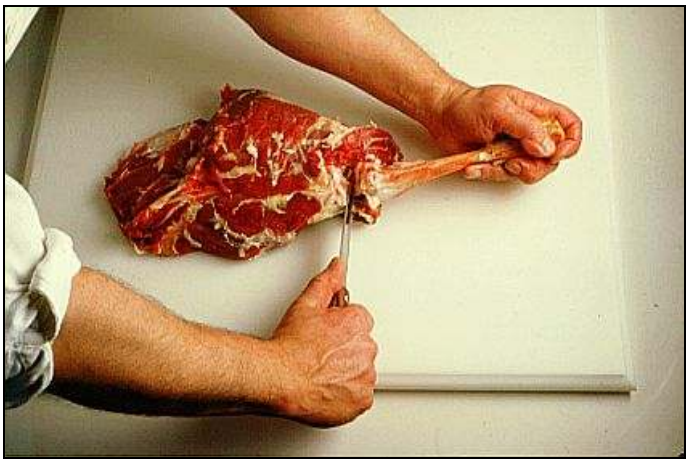
خطأ!



Grasp the shank bone at the tip othe leg and cut all tendons at the base of the bone.



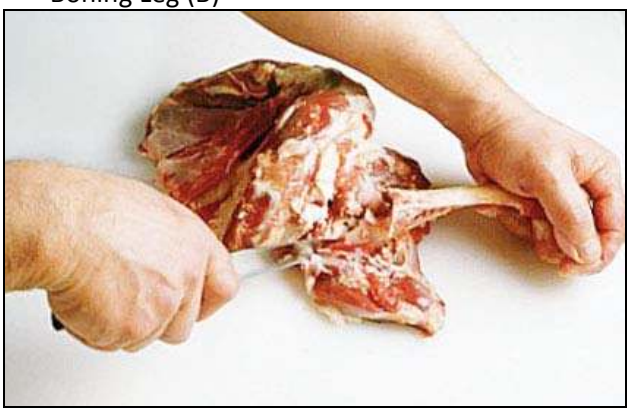
Cutting deeper around the pelvic bone, freeing it at the joint and cutting through the tendons



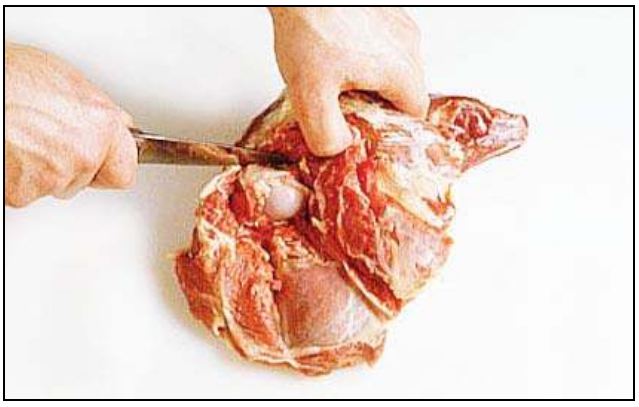
Cutting the tendons at the knee joint, removing shank bone.

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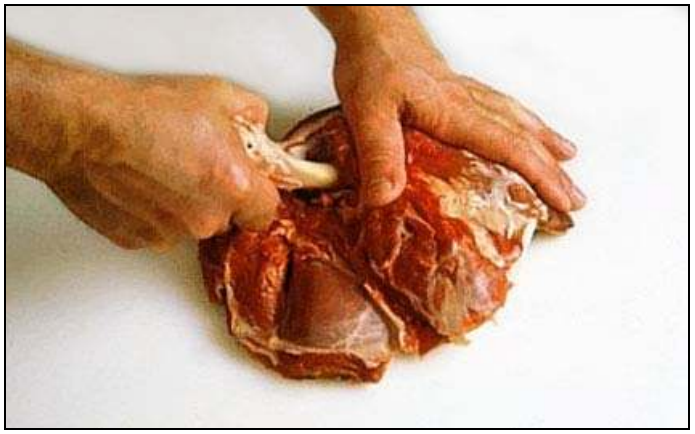
- Boning Leg (B)



With the point of the knife, find the joint connecting the knuckle bone to the centre (arm) bone, and cut through it. Remove and discard the knuckle bone.



Cutting the tendons around the centre bone 'tunnel' style to expose the ends.



Pulling out the centre bone by grasping it at the large end, leaving a pocket inside the meat.

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CAMEL MEAT

- Camel Primal Cuts

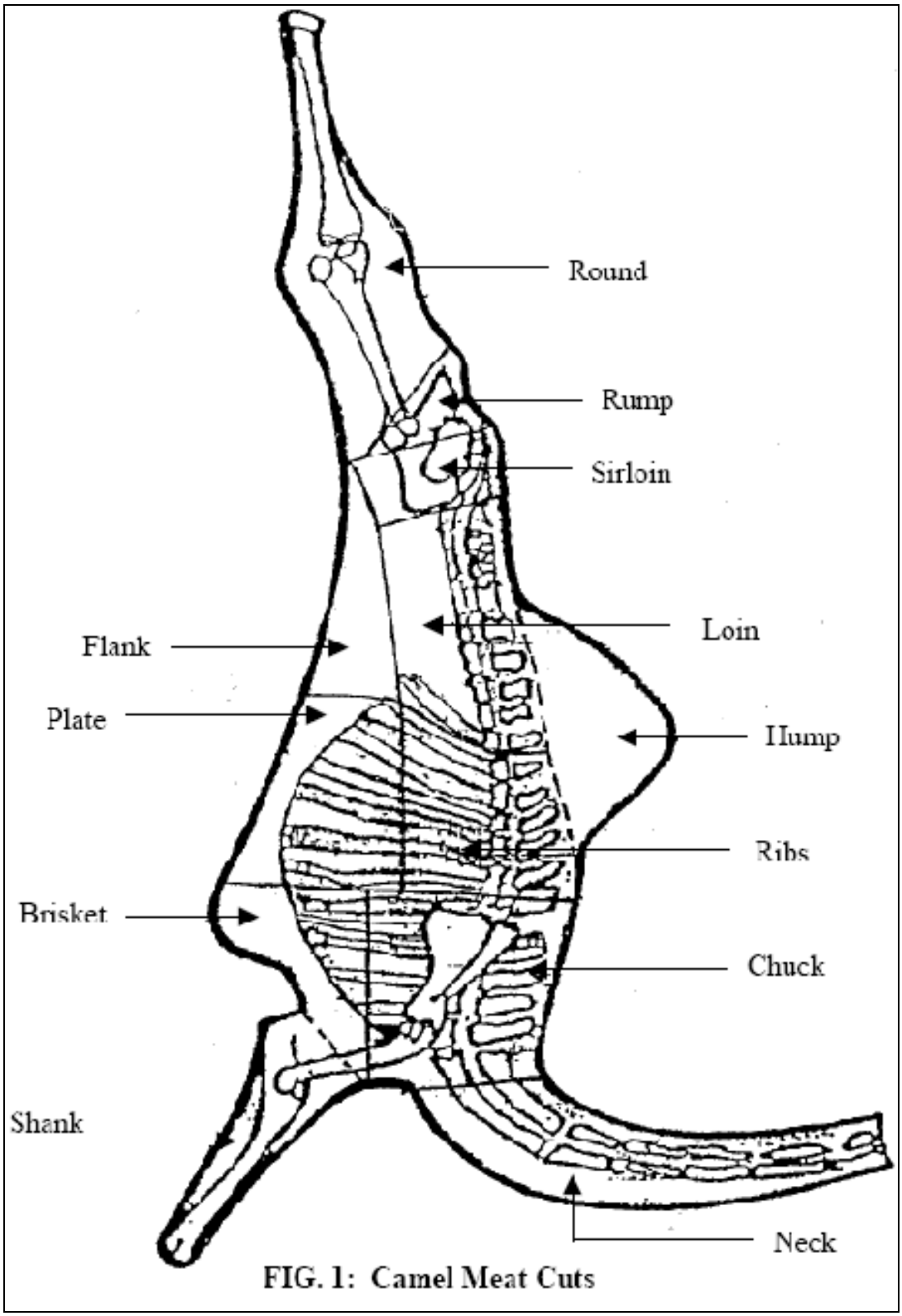


FIG. 1: Camel Meat Cuts

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- Primal Camel Cuts Name (The Camel Primal cuts Be Prepared same Beef Primal)



Whole Carcase

Whole Carcase to consist of both sides and is prepared and trimmed a per Standard Carcase trim definition.



Neck

The neck is removed from the side/carcase as per the description for the standard carcase trim and is prepared by the complete removal of all contamination, blood clots, hair/hide from the neck.



Forequarter



Hindquarter

to be prepared from a camel side and

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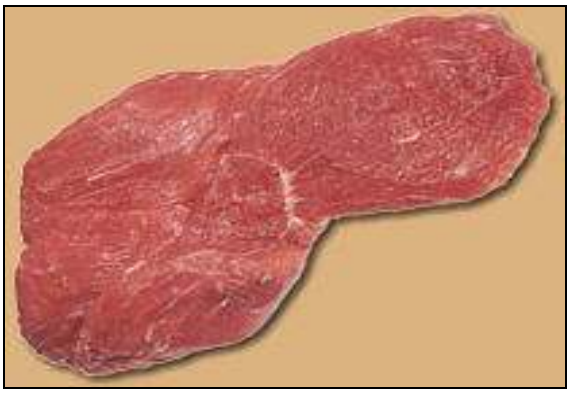
trimmed by the removal of the forequarter at the 12th rib and 1st lumber vertebrae. The hind to consist of (0 ribs).

to be prepared from a camel side and trimmed by the removal of the hindquarter at the 12th rib and 1st lumber vertebrae. The fore to consist of 12 ribs.



Whole Topside

The topside is the inside portion of the butt of the hindquarter. The boneless camel topside is removed from the butt along the natural seam division separating the silverside and thick flank. The topside is prepared further by the removal of the fibrous tissue on the face of the cut.



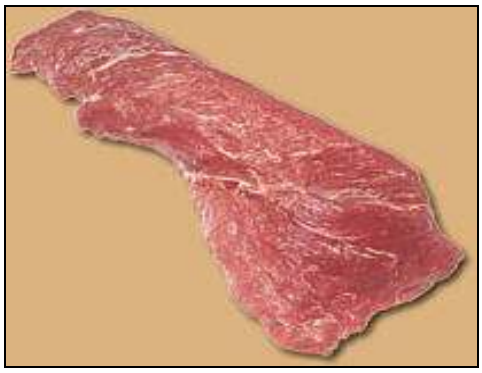
Boneless Topside

The boneless camel topside (denuded) is prepared from the topside) by the removal of the outer cap muscle along the natural seam (M. gracilis) all associated external fat and silver skin (membrane) connective and fibrous tissue is removed



Outside

The boneless camel outside is removed from the



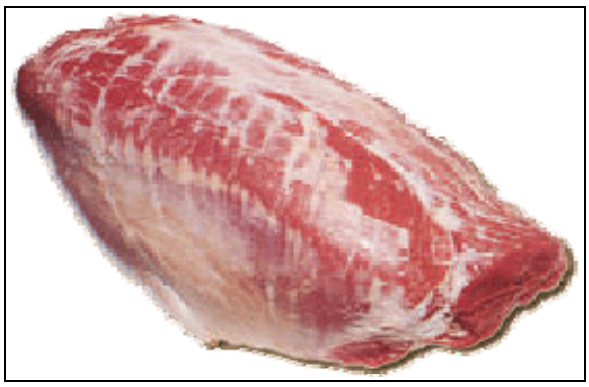
Boneless Outside Flat

The boneless outside flat (denuded) is prepared

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from the outside by the separation along the natural seam of the eye round muscle and the outside flat muscle. The outside flat is completely denuded of all fat and connective tissue.

butt of the hindquarter along the natural seams between the topside and thick flank. The outside is prepared by the removal of the heel muscle following the natural seam and all associated gland fat.



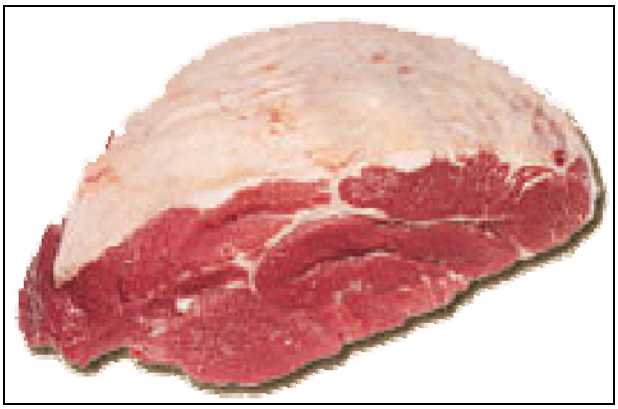
Knuckle



Eye Round

The boneless camel knuckle is the portion of the butt on the hindquarter attached to the femur bone. It is removed from its attachment to the silverside and topside along the natural seam. The patella bone and joint attachment tendons are removed, the outer selvage (fat covering) is completely removed.

The boneless camel eye round is that portion of the outside remaining after the removal of the outside flat along the natural seam.



Rump



Knuckle

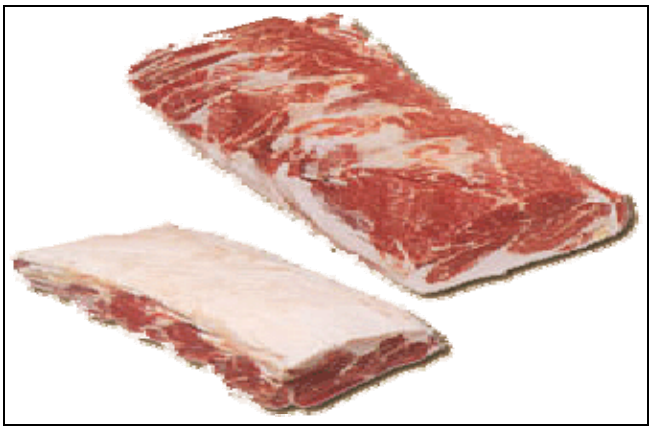
The boneless camel rump is prepared from a full rump

The boneless camel knuckle is completely

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removed from the hindquarter. The flank (tail of the rump - M. tensor fasciae late) is removed on a line halfway between the large eye muscle of the rump and the outer flank tip. Fat pocket on the tail of the rump is removed. Remove the heavy connective tissue from the underside of the rump.

denuded of all silver skin (membrane) and connective tissue.



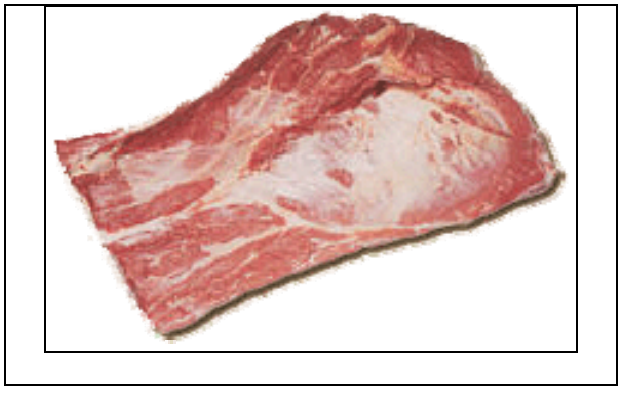
Striploin

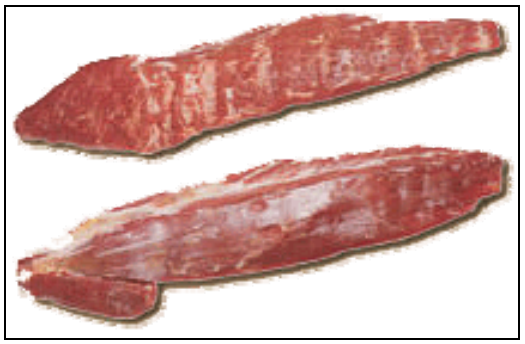


Rump

The boneless camel striploin is prepared from a (0 rib) hindquarter and is that portion of the M. logissimus dorsi muscle attached to and along the edge of (1st to the 6th) lumbar vertebrae. The flank (tail) is removed at the eye of meat at the junction of the 12th rib and 1st lumbar vertebrae and cut parallel to the chine edge to the eye of meat at the rump end. Point requiring

The boneless camel rump (denuded) is prepared from the rump by the removal along the natural seams, the tail muscle and the cap muscle and remaining heavy tissue, silver skin (membrane) and surface fat are completely removed.





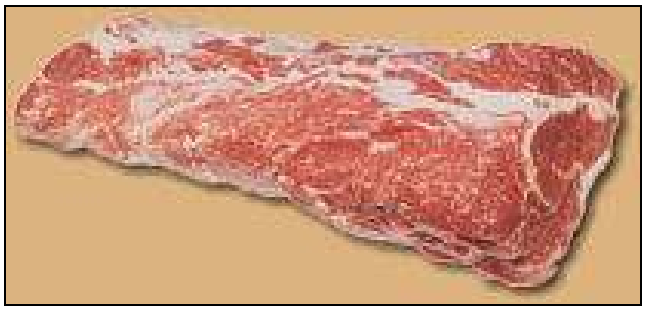
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Blade

The boneless camel blade consists of a large group of muscles which lie outside of the blade bone and extend from the humors to the tip of the scapular cartilage. The sides of the blade are cut parallel. Heavy exposed tendons are removed from the shoulder/humors joint

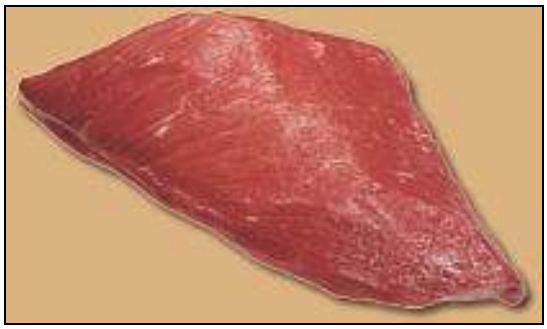
Tenderloin

The boneless camel tenderloin is removed from the hindquarter in one complete piece. The side strap muscle is left attached. Trim to silver skin



Cube Roll

The boneless camel cube roll consists of that portion of the (M. longissimus dorsi) and associated muscles that is located along the dorsal aspect of the carcase. The cube roll consists of that portion of the (LD) muscle from the 6th to the 12th rib inclusive.



Bolar Blade

The boneless camel bolar blade (denuded) is prepared from a blade by the removal of all muscles surrounding and attached to the bolar muscle. The bolar is completely trimmed of all fat and silver skin.



Chuck Tender

The boneless camel chuck tender consists of the round (conical) shape muscle lying lateral to the blade bone on the cranial side



Chuck Eye Roll

The boneless camel chuck eye roll is prepared from the full chuck (5 ribs) by the removal of the rib meat/sticking by a straight cut at 25mm from the chuck eye at the 5th rib and

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of the blade edge. The fat coverage is parallel to the chine edge. The neck is removed by a straight cut between the 6th/7th cervical vertebrae. The dorsal edge is trimmed slightly to give a parallel even appearance. The M. sub scapulars muscle on the lateral surface is to remain if firmly attached. removed.



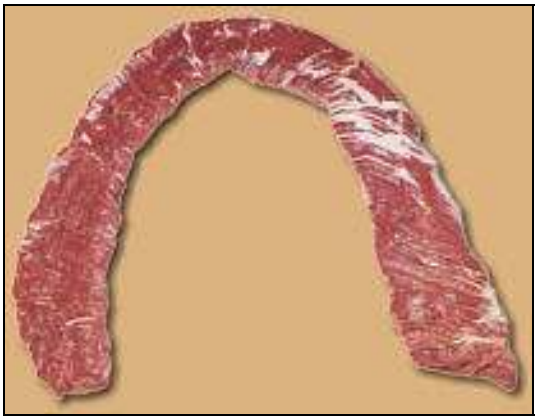
Shin/Shank

The boneless camel shin/shank is derived from the shins of the fore and hind legs skinned and tipped. The heel muscle removed from the leg end of the silverside and conical muscle is also included.



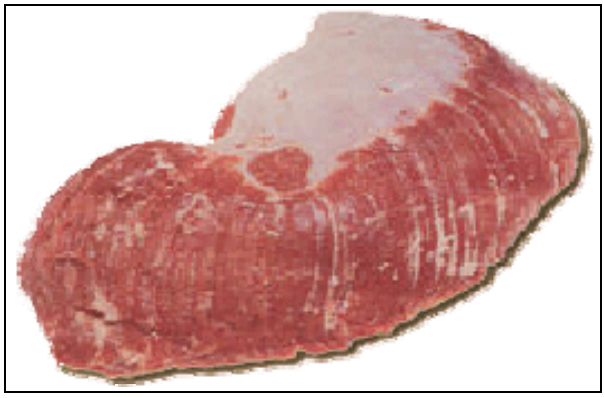
Brisket Point End - Deckle Off

The boneless camel brisket point end is prepared from a 5 rib point (1st to 5th rib) inclusive. The deckle, belly fat and all surface fat are to be removed



Thin Skirt

The boneless camel thin skirt is the costal muscle portion of diaphragm and is located on the inner cavity of the rib cage. The white tendinous tissue (membrane) covering the lean



Flank Steak

The boneless camel flank steak is prepared from the thin flank and is located in the leg end of the flank and is a fan shape muscle. The muscle is removed along the natural seams, heavy connective tissue and membrane

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meat is completely removed.

is removed



boneless camel meat

consists mainly of neck meat and those portions of lean camel meats remaining after the preparation of primal cuts from a carcase or portions of a carcase.



Thick Skirt

The boneless camel thick skirt is the thickest portion of the diaphragm located adjacent to spinal column. All fat loose tissue and membrane is removed



Liver

The liver is prepared with the hepatic lymph nodes incised and attached. Any fat, blood vessels and connective tissue attached to



Kidney

The camel kidney is prepared by the removal of blood vessels, skin, the fat in the renal

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the liver is removed

hilus is partially removed.





Tail

Heart

The tail is removed from the carcase at the sacrococcygeal junction.
The fat at the base of the tail is trimmed and 2 to 3 tail vertebrae are removed from the thinnest section.

The heart is removed from the pericardium and the veins are trimmed. Fat at the base of the heart is removed.

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OTHERS MEAT

- Rabbit Meat



Rabbit parts



Whole Rabbit



Boneless Saddle



Boneless Legs



Rabbit Shoulders

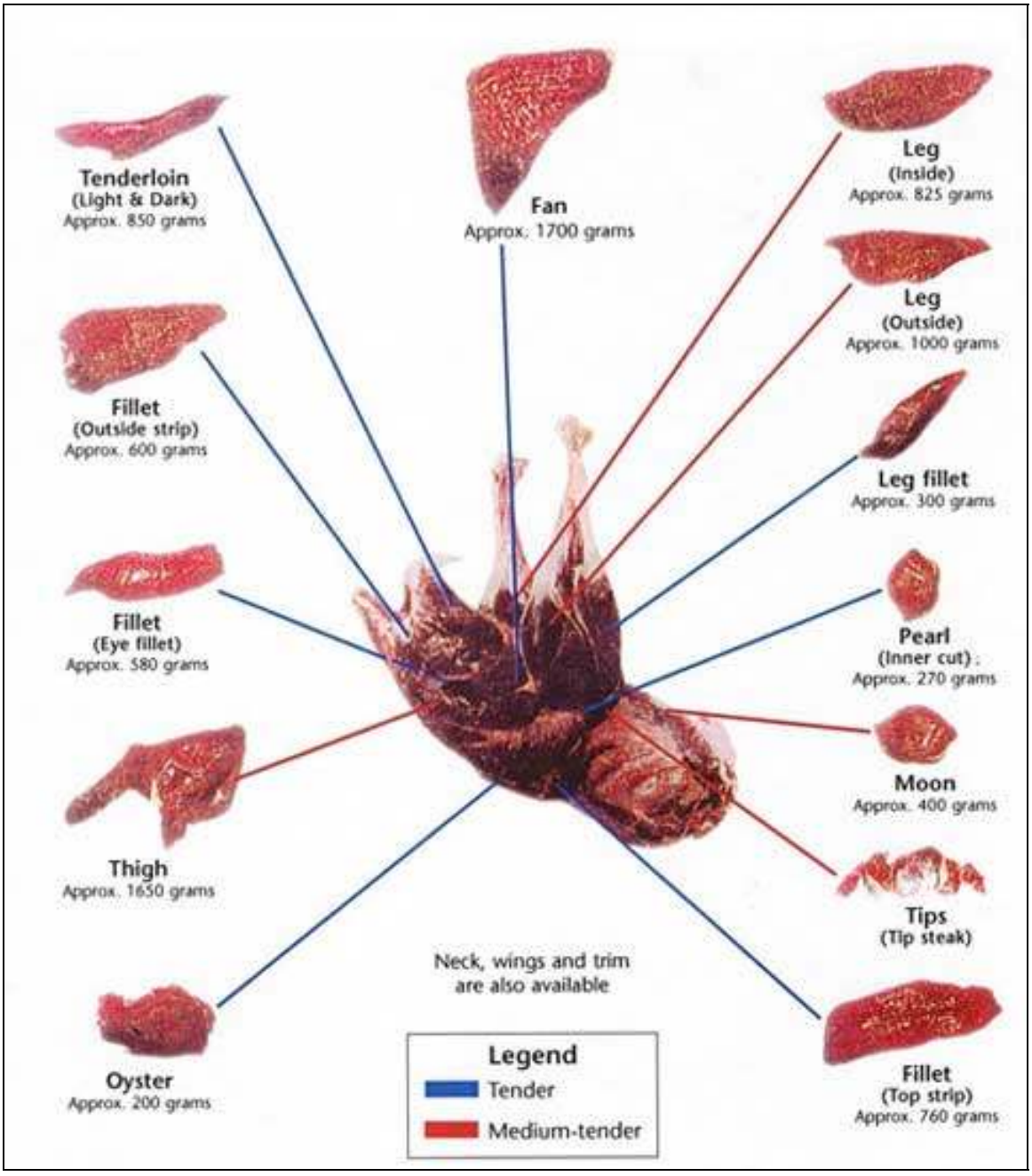


Rabbit for Casseroles

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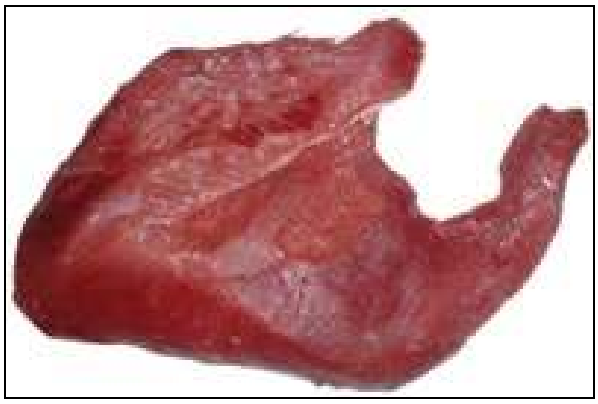
OSTRICH MEAT

- Ostrich Primal cuts

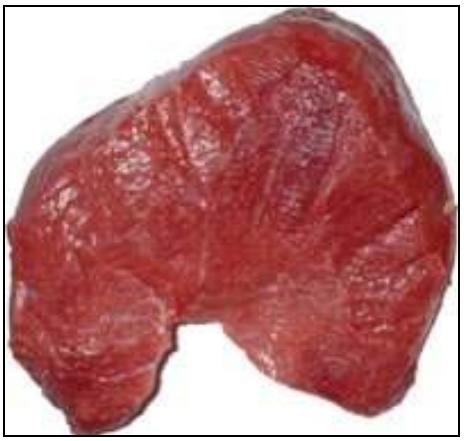


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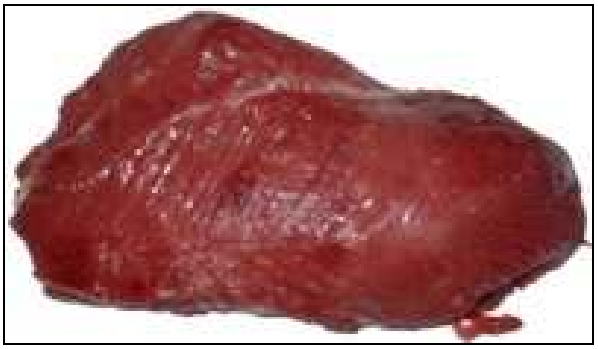
- Ostrich Primal Cuts Name



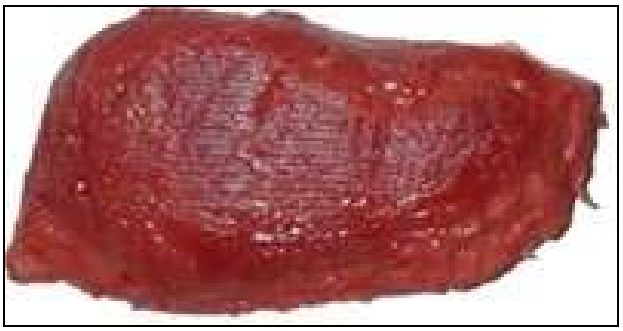
Rump Steak



Moon Steak



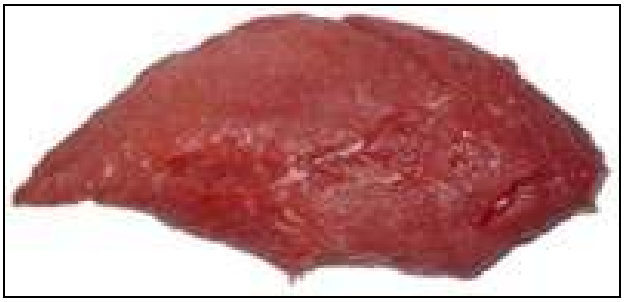
Oyster



Oyster Fillet

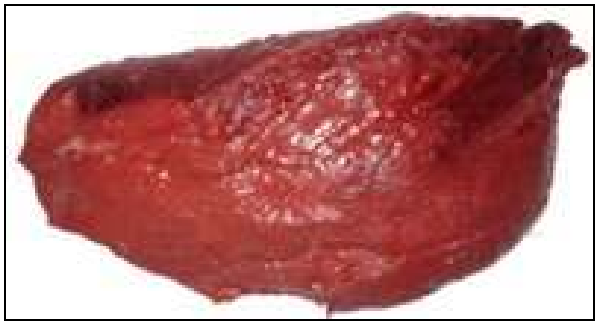


Fan Fillet

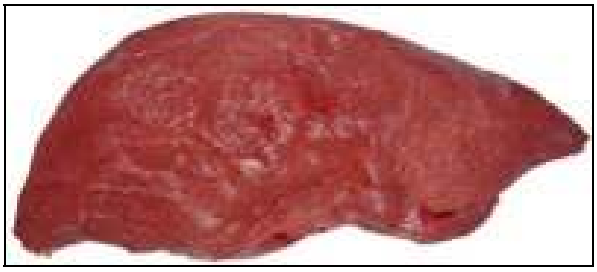


Flat Drum

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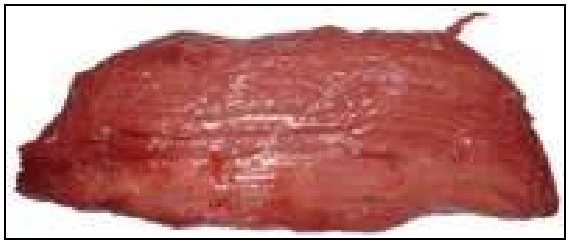
Flat Drum Steak



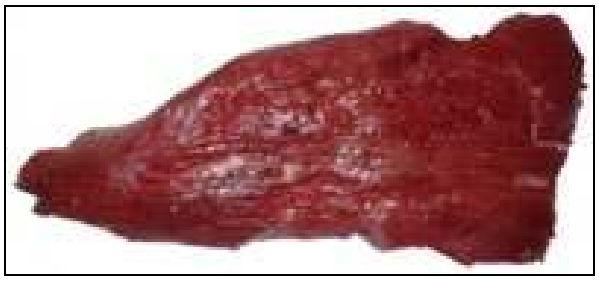
Big Drum



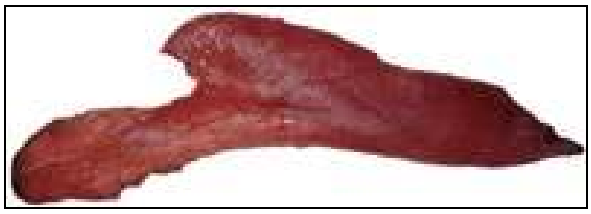
Small Drum



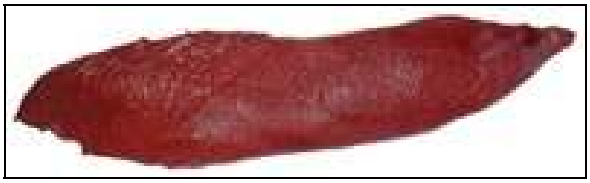
Tenderloin



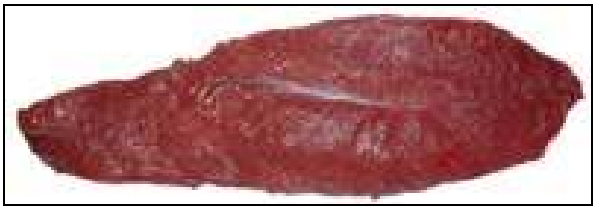
Triangle Steak



Long Steak & Long Fillet



Long Steak

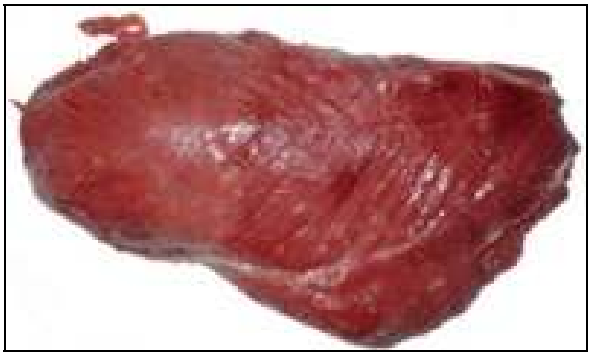


Long Fillet

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Tournedos After cut (without sinews)



Tender Steak



Medallion flesh with sinew off



Tournedos Before cuts (with sinews)





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Goulash (shank & neck, leg and strip-off cuts)



Stir Fry

Goulash

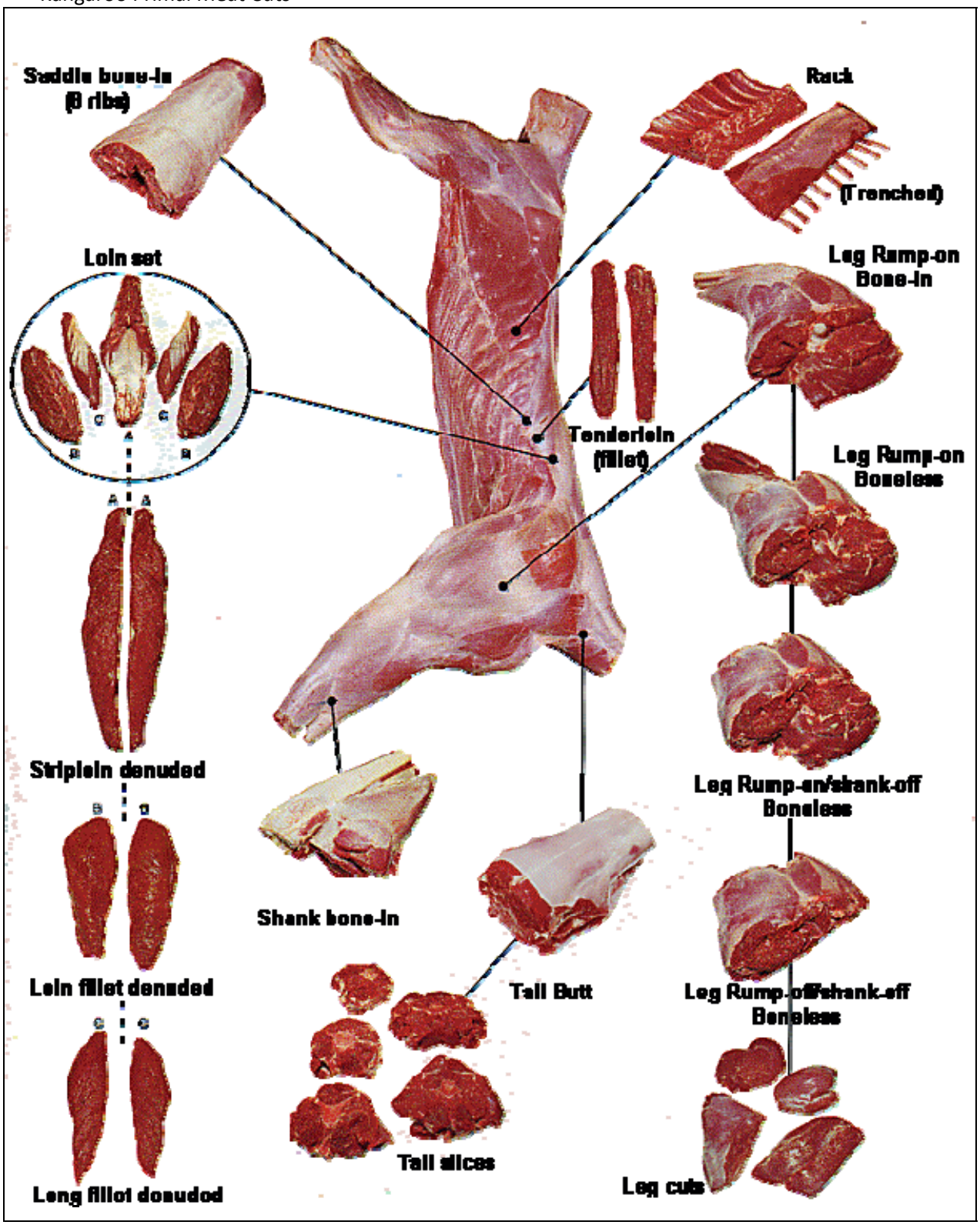


Sinew Goulash

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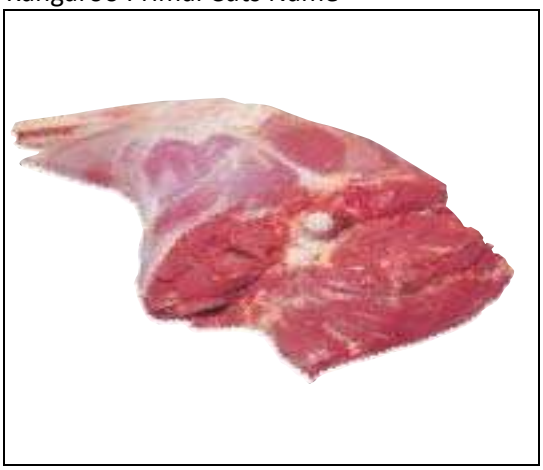
KANGOROO MEAT

- Kangaroo Primal Meat Cuts



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- Kangaroo Primal Cuts Name



LEG RUMP-ON BONE-IN WK8

Leg Rump-on is removed from a carcase by a cut following the structure of the ileum an ischemic bone and separating the leg from the side in one piece. The Leg Rump-on contains the tibia and .femur bones



SHANK BONE-IN WK18

Shank is removed from the bone-in leg

(item WK8) by a cut through the stifle joint between the junction of the tibia and the femur bones.





(RACK BONE-IN WK21 (8-rib

Rack (8 rib) is prepared from a side by a cut through the M. longissimus thoracis (eye muscle) th ribs and the junction of ٦between the 5th and



SADDLE BONE-IN WK23 (8-rib)

Saddle (8 rib) is prepared from a full carcase and is removed by a cut between the 5th and 6th

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.lumbar vertebrae and the 5th and 6th rib

The flap is removed at a specified distance from .the eye muscle along the ventral cutting line



LEG RUMP-ON/SHANK-OFF BONELESS WK11

Leg Rump-on/Shank-off is prepared from item WK9 by the removal of the shank at the stifle .joint

the 13th thoracic and 1st lumbar vertebrae. The ventral portion of the flap is removed at a .specified distance from the eye muscle



LEG RUMP-ON BONELESS WK9

Leg Rump-on is prepared from item WK8 by the removal of the tibia and femur bones



TOPSIDE WK14

Topside is prepared from a leg and is removed by



LEG RUMP-OFF/ SHANK-OFF BONELESS WK12

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Leg Rump-off/Shank-off is prepared from item WK11 by the removal of the rump.

following the natural seam between the knuckle and silverside.





RUMP WK15

SILVERSIDE WK16

Rump is prepared from a leg and is removed by a straight cut commencing at the tip of the ileum bone, and parallel to the ventral and dorsal edges

Silverside is prepared from a leg and is removed by following the natural seam between the knuckle and topside. The heel muscle (M. gastronomies) is removed.





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STRIPLOIN PAIR WK27

STRIPLOIN - DENUDED WK31

KNUCKLE (Round) WK17

Knuckle is prepared from a leg and is removed by following the natural seam between the topside and silverside.



LOIN FILLET - DENUDED WK32

Loin fillet is further prepared from item

WK28 by removing all membrane covering the muscle.



LOIN FILLET - SKIN ON WK28

Loin fillet is derived from a loin set (item WK26) and consists of 2 separate muscles situated on the dorsal edge of the carcase from the 3rd to 6th lumbar vertebrae

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LONG FILLET - SKIN ONWK29

Long fillet is derived from a loin set (item WK26) and consists of 2 separate muscles lying either side of striploin pair on the dorsal edge of the carcase from the 1st to the 6th lumbar vertebrae.



LONG FILLET - DENUDED WK33

Long fillet is further prepared from item WK29 by the removal of all membrane .covering the muscle





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RIB EYE FILLET WK20

Rib Eye Fillet is prepared from a side by a cut through the M. longissimus thoracis (eye muscle) between the 5th and 6th ribs and the junction of the 13th thoracic and 1st lumbar vertebrae. Rib Eye Fillet consists of the eye .muscle portion lying along the thoracic process The Rib Eye Fillet is further prepared by removing all membrane covering the muscle .surface

ROLLED) WK13(SHOULDER

Shoulder is prepared from a side by a straight cut through the specified rib separating the forequarter and hindquarter. All bones, cartilage, ligament niche and lymph nodes are removed. The boneless shoulder is rolled and netted





MEAT STRIPS WK42

Meat strips are prepared from specified lean Kangaroo meat cuts and are sliced into strips by mechanical or manual methods. Connective tissue, fat and sinew are .removed

DICED MEAT WK43

Diced meat is prepared from lean Kangaroo meat. Connective tissue, fat and sinews are removed. Points





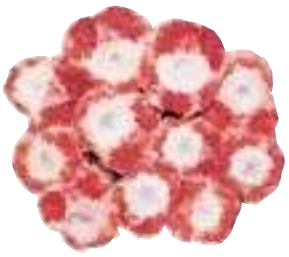
LEG CHOPS WK50

FOREQUARTER CHOP

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TAIL



TAIL JOINTED



TAIL BUTT

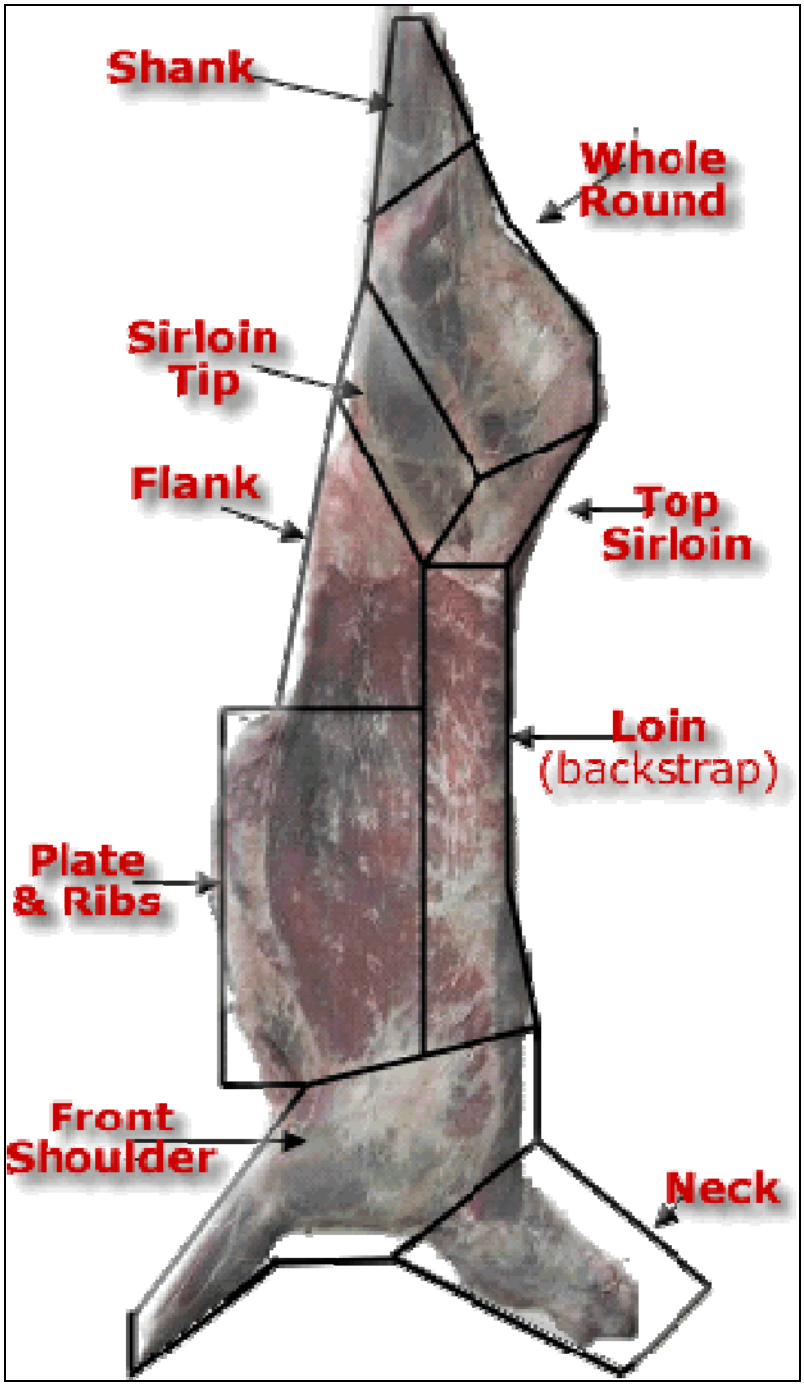


TAIL SLICES

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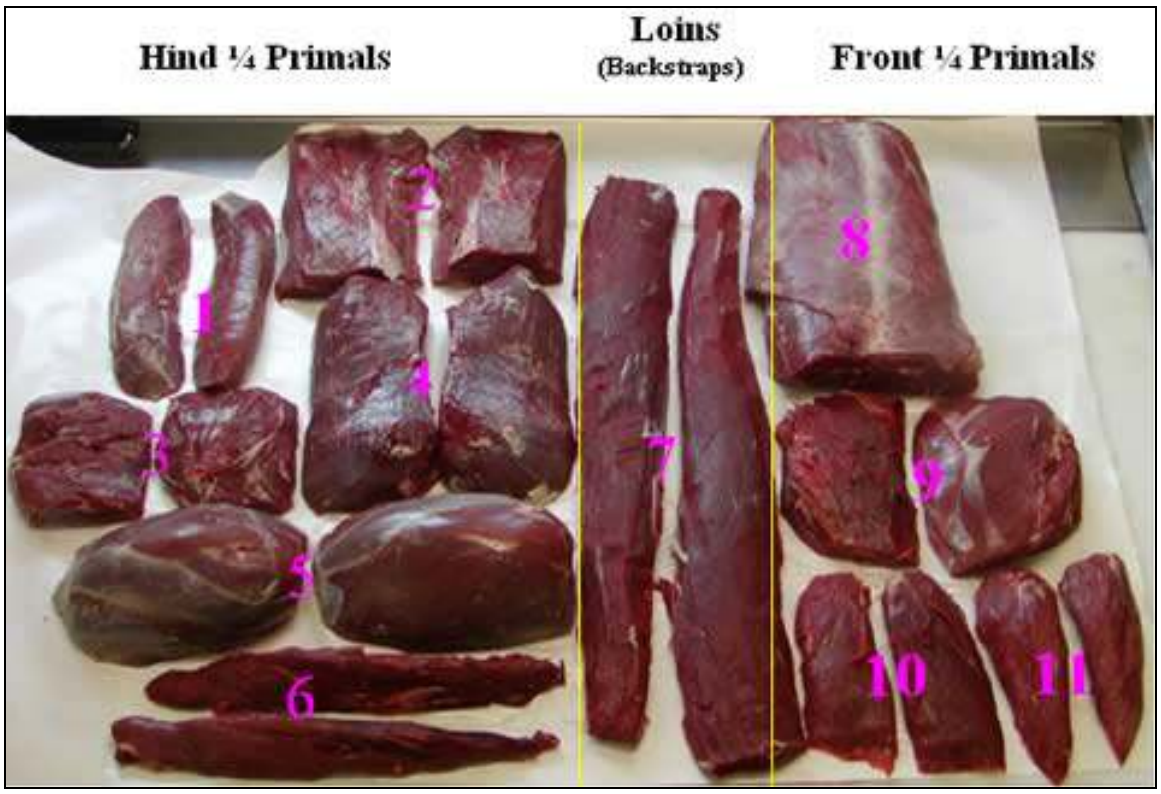
VENSION MEAT

- Venison Primal and Cuts Chart



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- Boneless Venison Primal



Boneless Hind ¼ Primals
1) Eye of Round
2) Bottom Round
3) Top Sirloin
4) Top Round
5) Sirloin Tip
6) Tenderloins

7) Back straps

Boneless Front ¼ Primals
8) Neck
9) Shoulder
10) Top Blade
11) Mock Tender

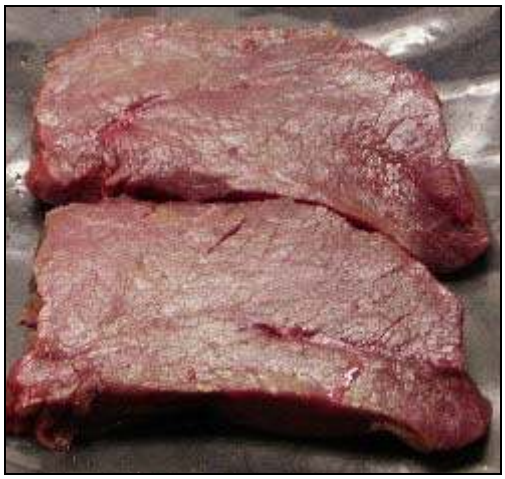
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- Venison Primal Cuts Name

Boneless Whole Round



Top round steak



Top round Roast



Eye Round steak

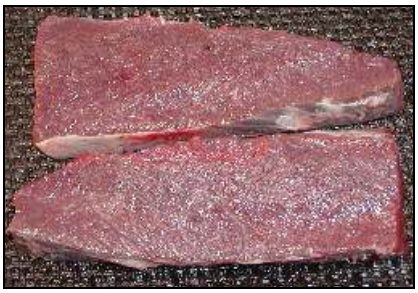


Buttom Round Roast



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Buttom Round Steak



Buttom Round Swiss Steak



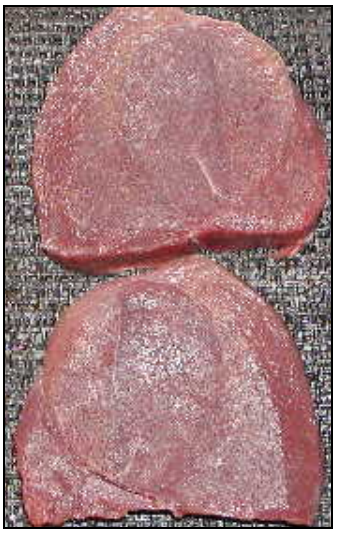
Whole Eye Of Round



Sirloin Tip



Sirloin Tip Steak



Sandwich Steak



Sirloin Tip Roast



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Top Sirloin



Top Sirloin Steak

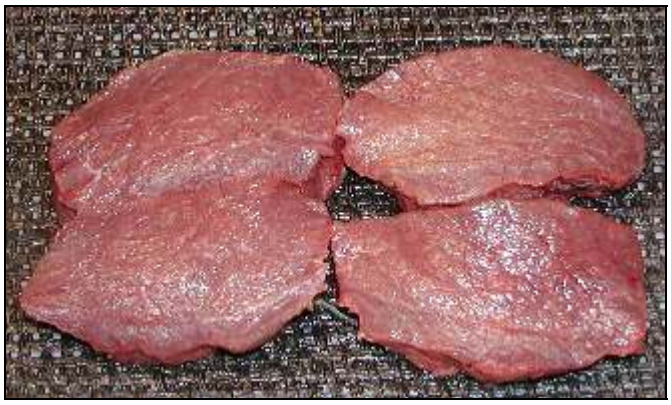


Top Sirloin Roast

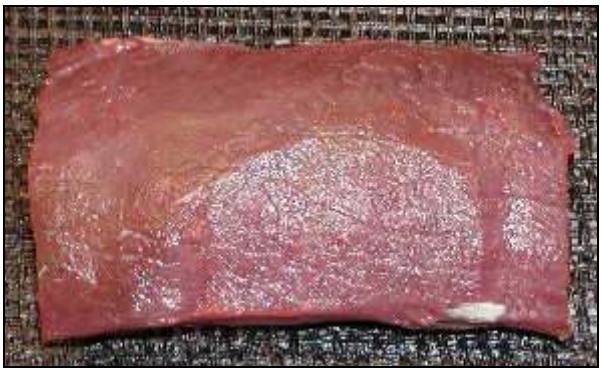


Loin (back strap)

Loin Chops



Loin Roast



Rib Roast

Butterfly Chops

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Boneless Country Style Ribs



Front Shoulder



Top Blade

B/LESS Shoulder Roast

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Boneless Shoulder Roast

Boneless Shoulder Steak





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Bone-In Neck



Boneless Neck Roast

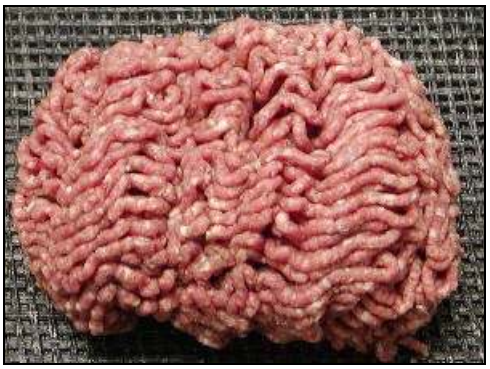


Boneless Seasoned Neck Roast



Ground Meat

Shank, Flank, Plate & Ribs



Stew Meat

Minute Steaks

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المطبخ التحضيري (عملي)

(إعداد الطيور)

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الجدارة:

المهنة	طاهي
الواجب	يعد الطعام
المهمة	يتقن المتدرب إعداد لحوم الطيور بجميع أنواعها للطبخ
الهدف الإجرائي للمهمة	يسمي مقاطع و قطع لحوم الطيور

الأهداف: عندما تكتمل هذه الوحدة تكون لدى المتدرب القدرة على أن:

- يحدد مقاطع الطيور و مسمياتها.
- يتقن تقطيع الطيور إلى مقاطع مختلفة.
- يتقن تشفية لحوم الطيور من الزوائد
- يستخرج القطع المختلفة من المقاطع حسب المواصفات المطلوبة من المطبخ.

مستوي الأداء المطلوب: لا تقل نسبة إتقان هذه الجدارة عن ٩٠٪

الوقت المتوقع للتدريب: عشرون ساعة تدريب عملي بالمطبخ التدريبي

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الوسائل المساعدة:

- استخدام معدات المجزرة(سكاكين مختلفة- آلات تقطيع- مفارم ..إلخ)
- مراقبة المدرب على كيفية أداء المهام و تنفيذها
- استخدام وسيلة عرض إلكترونية لإظهار شرح المدرب
- زيارة ميدانية (مطابخ الفنادق- أسواق الطيور- المذابح)

متطلبات الجدارة:

إتقان مهارات إعداد الطيور بجميع أنواعها للطبخ حسب القوائم و طلبات الزبائن

BIRDS

- Chicken Meat Primal Cuts Name



Whole Chickens

Whole Chickens are marketed either fresh or frozen



Halves

The bird is split from front to back through the backbone and keel to produce 2 halves of approximately equal weight.

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Split Breast

A breast quarter with the wing removed.



Breast Quarters

Halves may be further cut into which include the wing. A breast quarter, including portions of the back, is all white meat.



Boneless, Skinless Breast

Split breast that has been skinned and deboned



Split Breast without Back

A breast quarter with wing and back portion removed





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Whole Chicken Wing

The Whole Chicken Wing is an all white meat portion composed of three sections; the drumette, mid-section and tip.

8-Piece Cut

The whole bird is cut into 2 breast halves with ribs and back portion, 2 wings, 2 thighs with back portion and 2 drumsticks.



Wing Mid Section with Tip

The flat centre section and the flipper (wing tip).



Wing Drummettes

The first section between the shoulder and the elbow.

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Whole Chicken Leg

The Whole Chicken Leg is the drumstick-thigh combination. The whole leg differs from the leg quarter in that id does not contain a portion of the back.



Wing Mid Section

The section between the elbow and the tip, sometimes called the wing flat or mid-joint.



Thigh

The thigh is the portion of the leg above the knee joint.



Boneless, Skinless

Whole chicken leg with skin and bone removed

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Drumsticks

Drumsticks include the lower portion of the leg quarter

(the portion between the knee joint and the hock).



Boneless, Skinless Thigh

Thigh with skin and bone removed



Giblets
Includes heart, liver and neck.

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Cutting and Boning chicken

A whole chicken can be cooked whole but if you want to fry it or use it for a recipe calling for pieces, the whole chicken will have to be cut up first. You will need to make sure you have a sharp knife to work with and a work surface that is washable. A poultry shears or kitchen shears will also be very beneficial when cutting some of the sections where you have to cut through the bones. Cutting up a whole chicken can be difficult if you do not have the proper tools and do not use proper methods.

Experience using different techniques will help you determine which methods work best for you and will eventually make this task easier. There are several methods that can be used and different methods can produce different number of pieces when completed. Cutting method #1 shown below can be used to produce 10 pieces and cutting method #2 can be used to produce 10 or 12 pieces.

- Cutting Up a Whole Chicken (Cutting Method 10 Pieces)

Removing Leg-Thigh Portion



With breast side up, place the chicken on the cutting board. Pull the leg away from the body and cut through the skin connecting the body and leg. Then cut down between the body and the thigh to the thigh joint.



Bend the leg-thigh portion back until the thighbone pops from the joint. Use the tip of the knife to cut through the joint area and then cut close to the backbone to detach the leg-thigh portion from the body. Repeat the same steps on the opposite side to detach the other thigh-leg portion.

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Separate the leg and thigh by place the leg-thigh portion skin side down on the cutting board. Following the yellow line of fat, locate the joint connecting the two and use a sharp knife to cut completely through the joint to separating the leg from the thigh. Repeat this process to separate the other leg-thigh portion.



.

Removing the Wings

Place the chicken on the cutting board breast side down. Pull the wing portion out away from the body and cut the joint between the wing and the breast to detach it from the body. A little of the breast meat can be cut off with the wing to produce a meatier wing, if desired. Repeat this process on the opposite side

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Removing the Backbone



Starting at the tail end, cut along one side of the backbone and continue cutting to the neck. Then cut along the other side of the backbone.



Cut through the collarbone to remove the backbone.

A poultry shears or kitchen shears may be helpful in making the cuts to remove the backbone.

Discard the backbone or save to make stock.

- Cutting Breast in Half



Before cutting breasts in half remove the excess piece that is locate on each side of the lower breast. Cut along the side of the breast, starting at the bottom and cut up along the bottom of the rib cage, leaving the ribs attached



Begin by making a half inch slit at the top center of the keel bone (the bone separating the two halves).

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Place the breast back on the cutting board and loosen the keel bone by running a thumb or finger along each side of the bone



Hold the breast in both hands, skin side down with the top of the breast towards you. Bend both sides back until the keel bone pops out where the incision was made. Bend the sides back to expose as much of the keel as possible.



Using a sharp knife or kitchen shears, cut down through the center of the breast to produce two halves.



Take hold of the top of the keel bone and pull it off the breast

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Cut the halves into quarters by cutting across the breast halves at an angle just below the rib bones



Cutting up a whole chicken following the instructions shown above will produce the ten pieces shown here.

- Cutting Method 10 or 12 Pieces



Removing the Backbone

Using a sharp knife or poultry shears start at the tail end of the chicken and cut along one side of the backbone. Repeat the procedure on the other side and remove the backbone.

Note: This task is accomplished with less effort when using a poultry shears.

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- Cut Chicken in Half

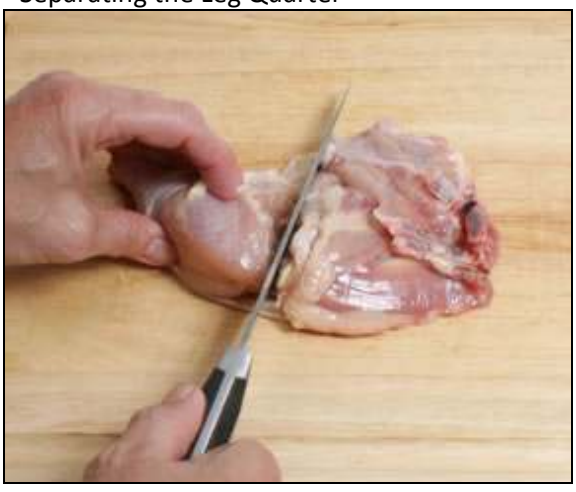


Place the chicken breast side down on the cutting board. Cut the chicken in half with a cleaver or sharp knife by cutting through the center of the keel bone on the inside of the breast



After this cut is made you should have two equal halves.

- Separating the Leg Quarter



Place the leg quarter on the cutting board skin side down. Cut the drumstick from the thigh by cutting through the joint connecting the two.



Using a knife or a poultry shears, cut the thigh from the back section of the leg quarter to produce two pieces.

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- Cutting Breast Quarter - 10 Pieces



Using a cleaver or a poultry shears, cut the breast quarter crosswise in half to produce two equal sections.



Cutting the breast quarter in half will produce 10 pieces of chicken when both halves have been cut.

- Cutting Breast Quarter - 12 Pieces



Using a cleaver or a poultry shears, cut the breast quarter crosswise in three equal sections



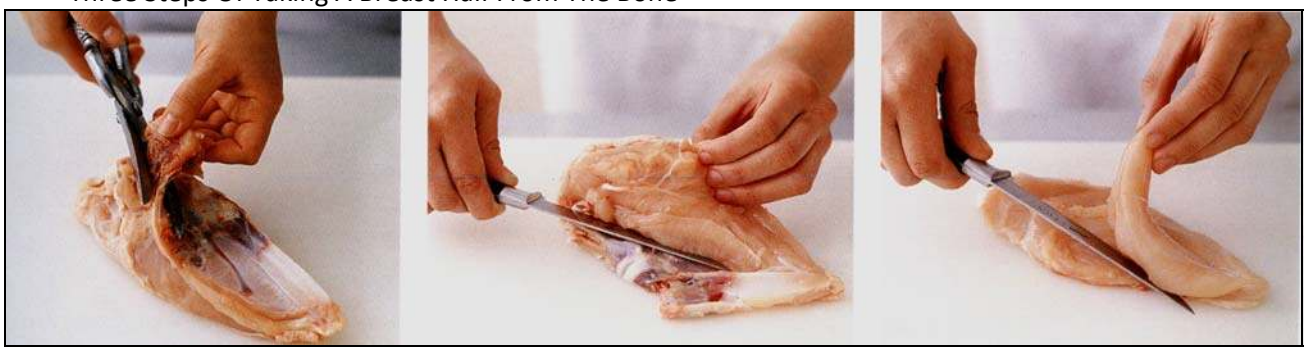
Cutting the breast quarter in three equal sections will produce 12 pieces of chicken when both halves have been cut.

Whether the breast quarter is cut in half or in three equal sections will be your own personal preference. Factors that may affect your decision are the size of the chicken and the number of servings you would like to produce. If the chicken is smaller, cutting the breast quarter in thirds may make the pieces too small. If the chicken is larger, cutting the breast quarter in half may make the servings too large, especially if serving

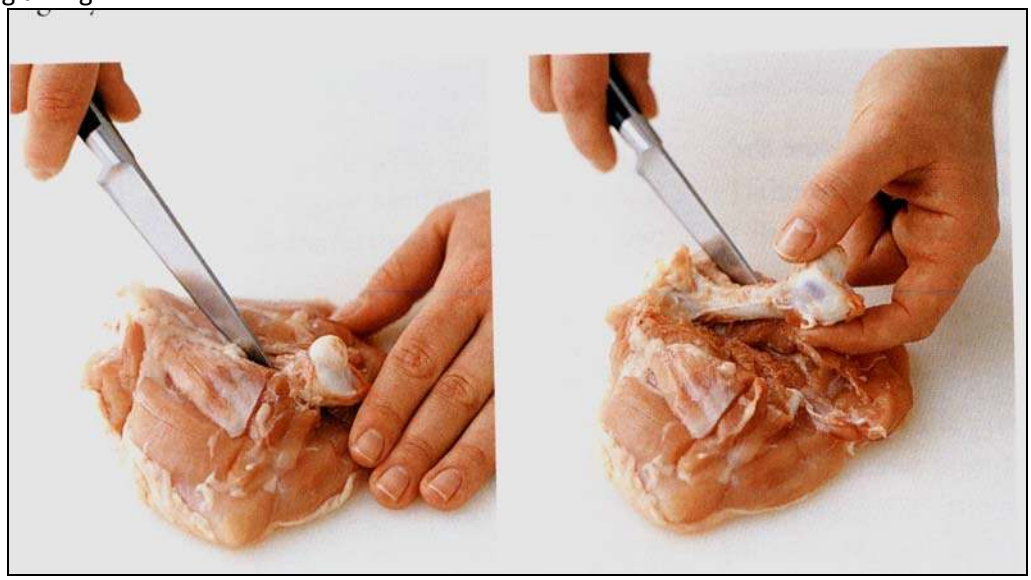
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children. Before cutting, consider number of servings needed, appetites of those being served, and the amount of other food being served with the chicken.

- Three Steps Of Taking A Breast Half From The Bone

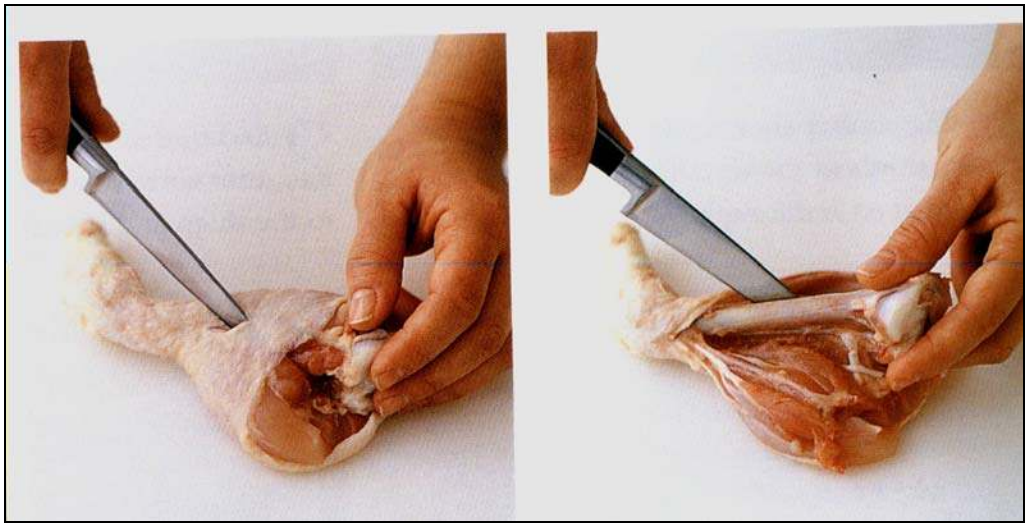


- Boning a Thigh

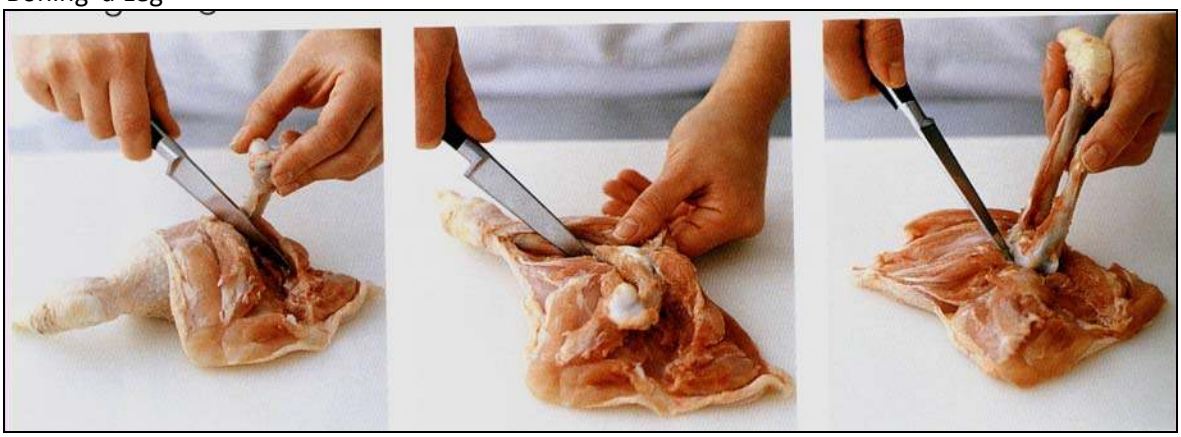


- Boning a Drumstick

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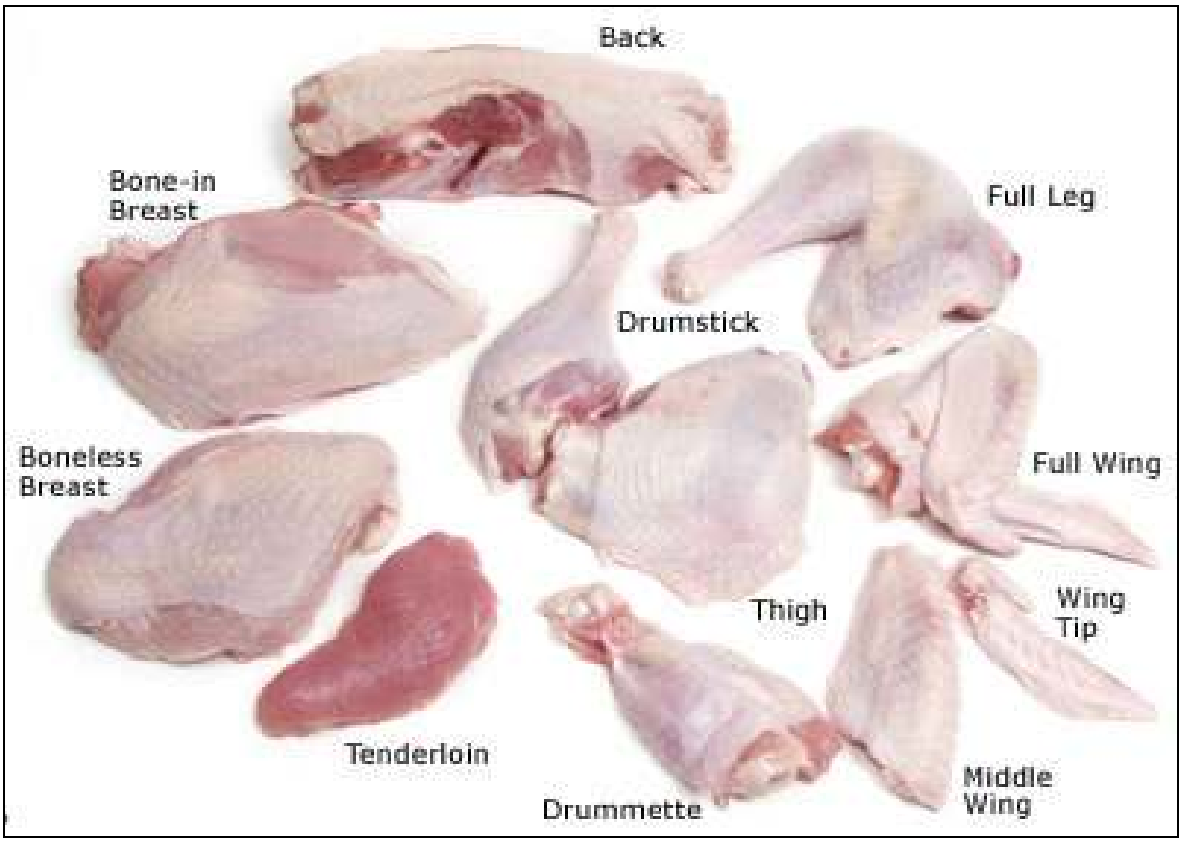
- Boning a Leg



TURKEY MEAT

- Turkey Primal Cuts

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Turkey parts such as breasts, legs, or wings can be purchased already cut and packaged at most food stores, but it is usually more economical to purchase a whole turkey and cut it up. The turkey should be well chilled, which will allow it to be cut up more easily. A sharp knife is essential and a heavy-duty kitchen shears is helpful

Remove the leg clamp and then remove the giblets and neck from the body cavity before cutting the turkey into individual parts





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- Turkey Wing

A turkey wing can be removed by pulling it away from the body and cutting into the hollow area between the wing and the breast. When the wing joint (shoulder joint) has been exposed, cut through it while continuing to pull on the wing in order to release it from the body. The process can be

repeated for the other wing





The wing can be cut into three sections. The upper portion can be cut at the elbow joint. This section is known as the drummette. (It is worth noting that a turkey drummette from a bird weighing ١٢ pounds or more is larger than a drumstick from a chicken)





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The flat middle section of the wing beyond the elbow may be separated from the wing tip and used as one piece. There is not much meat on the wing tip, but it may be saved and added to soup or stock to provide flavoring





- Turkey Leg

A turkey leg is removed by cutting through the skin between the thigh and the body to reveal the joint. Continue cutting while pushing on the leg to open the joint and then cut through the joint to release the leg. .Repeat this procedure for the other leg





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The leg can be left as is or it may be cut at the middle joint to form two pieces known as the thigh and the drumstick. Thigh meat is often sold with the bone removed.







- Turkey Breast

The breast can be removed whole or in halves with the bones remaining or the breast can be boned to make preparation and serving easier



Place the breast upside down (skin side down) and cut along the breastbone through the bone and the



In order to remove the breast from the body cavity, cut along the rib cage from the tail end to the neck on both sides of the bird

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meat, which will split the breast



Cut along the edge of the wishbone and the keel bone.



Cut the meat along the breastbone



Remove the ribs from the breast half and save them for use in the soup or stock pot



Cut along the ribs on one side of the breastbone using short, swiping cuts

- Turkey Breast Steaks and Cutlets



The breast can also be cut across the grain to



boneless turkey breast can be cut across the grain to inch thick. Two of the ١yield steaks that are ½ to

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.steaks make an ample serving for one person

produce cutlets, which are thinner than steaks and cook much more quickly. The cutlets can be pounded to make them even thinner and to tenderize them. The pounded cutlets can be sautéed and used for a number of recipes

- Turkey Breast Tenderloins

Turkey tenderloins may be cut from each breast half. They are located on the inside of each breast half next to the keel bone. The tenderloin is a long cylindrically shaped muscle that is easily removed from the rest of the breast meat. The tendon in the middle of the tenderloin should be removed before cooking. Pull on the end of the tendon while making swiping cuts along the meat attached to the length of the tendon





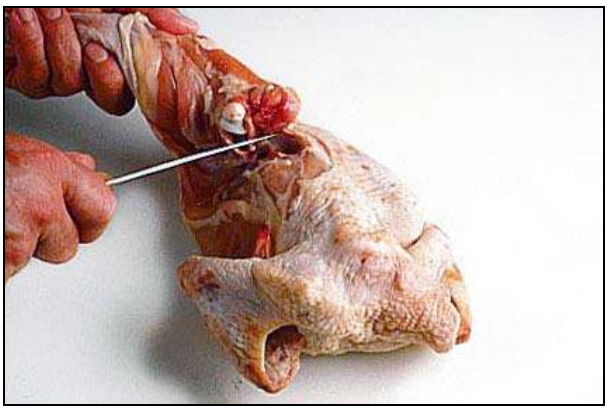
- Turkey Back

After removing the wings, legs, and breast, the remaining portion of the turkey carcass is the back. There is some meat and skin that can be removed, which can be ground or used in soups and casseroles. After .the choice bits have been removed, the bones and any remaining meat can be used for stock

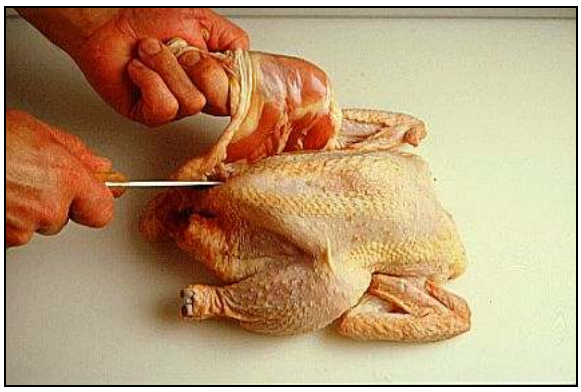


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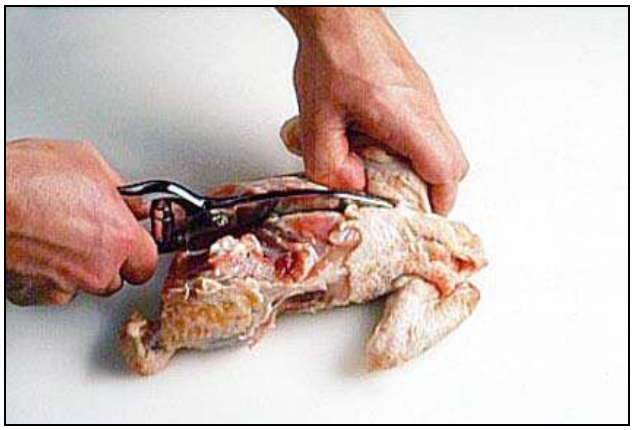
CUTTING A BIRD IN PIECES



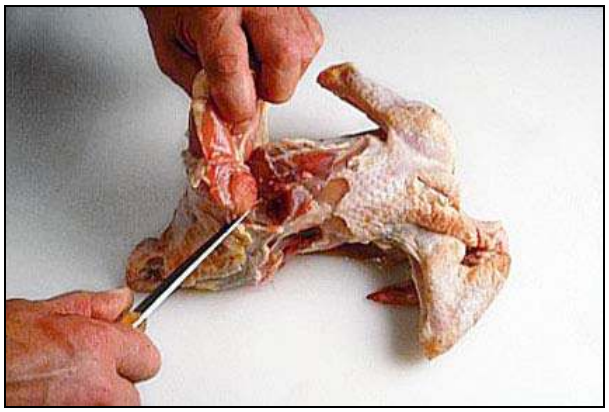
Twist the leg sharply outwards to break the thigh joint, severing the leg with oyster meat attached, using a knife



To remove the legs: Use a knife to cut the skin between the leg and the breast.

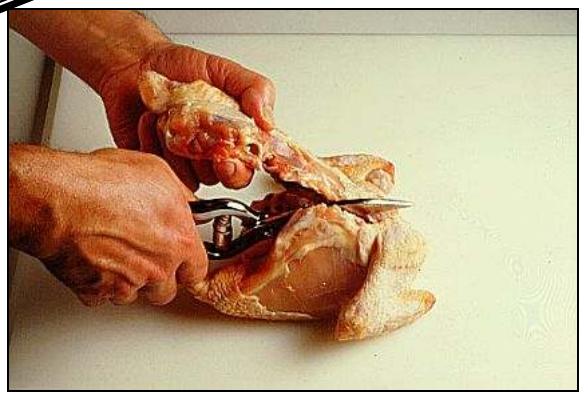


To separate the whole breast: Slit closely along the breastbone to loosen the meat, then split the breastbone with shears.



Removing the opposite leg, leaving the oyster meat attached to it, using a knife

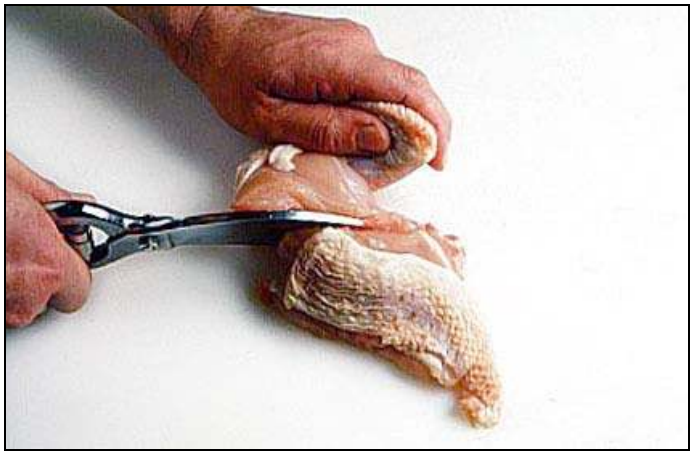
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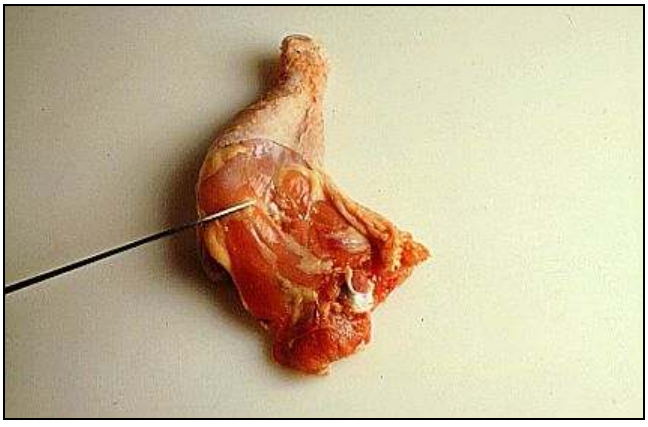
Using shears, cut the rib bones and the backbone from the breast in one piece, leaving the wing joints attached to the breast.



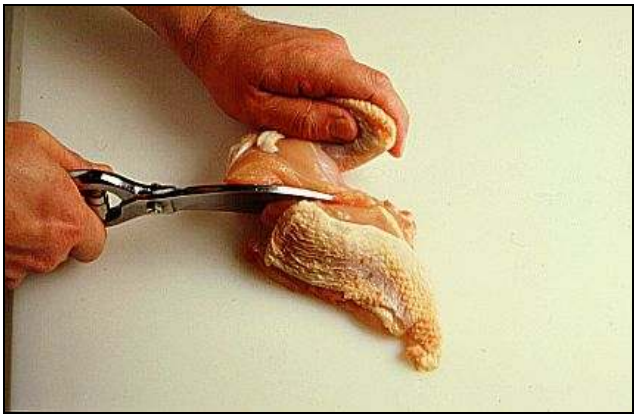
Cut the breast in half with poultry shears.



Overhead view of legs and breast pieces cut from bird



For 6 pieces: Cut the bird into 4 pieces and cut the legs half through the joint, between thigh and drumstick, using a knife

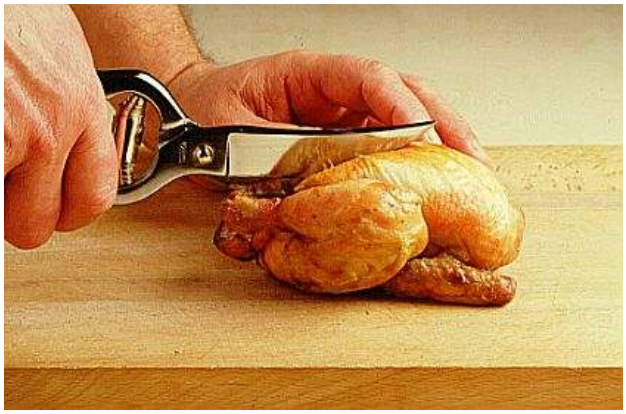


For 8 pieces: Divide breast in half diagonally, using a knife

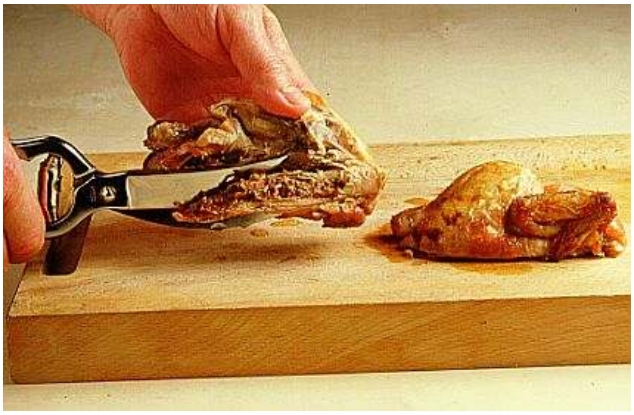
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- Cutting A Bird in two pieces

خطأ!

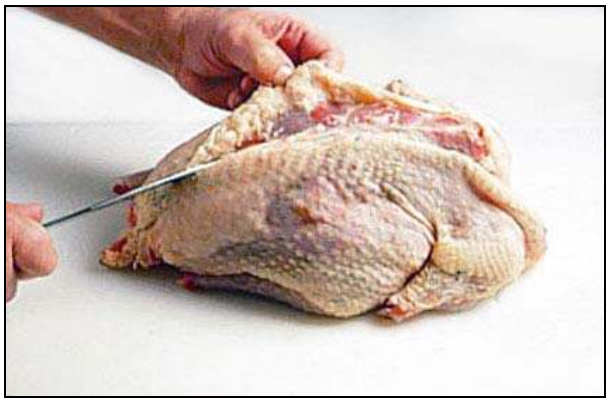


Cut along one side of the breastbone

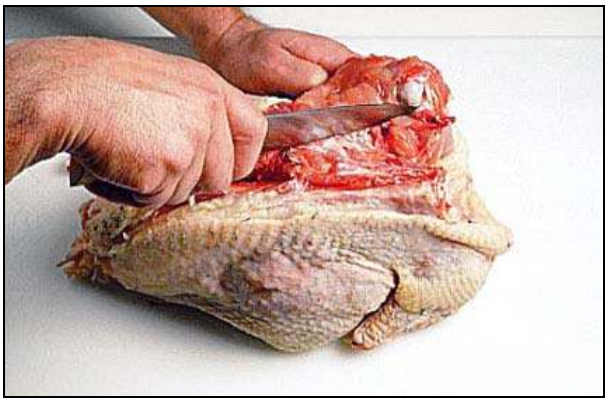


. Cutting along each side of the backbone, using poultry shears.

BONING A WHOLE BIRD STEP

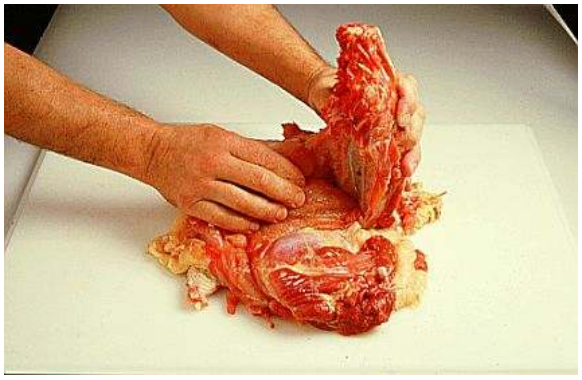


Slitting the skin along the backbone from neck to tail, using a boning knife.

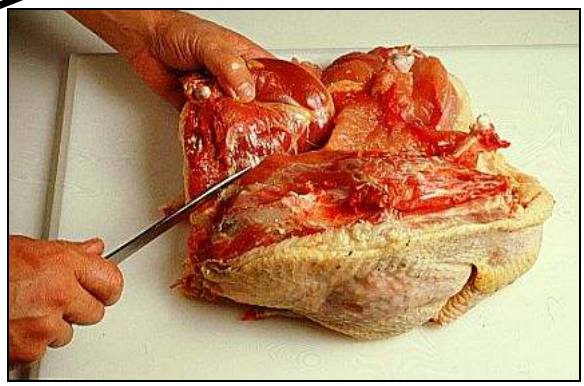


Severing the ball-and-socket joint connecting the wing so they are separated from the carcass but still attached to the skin, using a sharp knife.

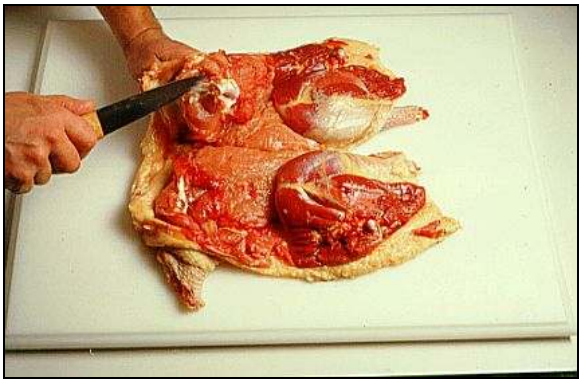
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Pull gently to separate the breastbone and carcass from the flesh.



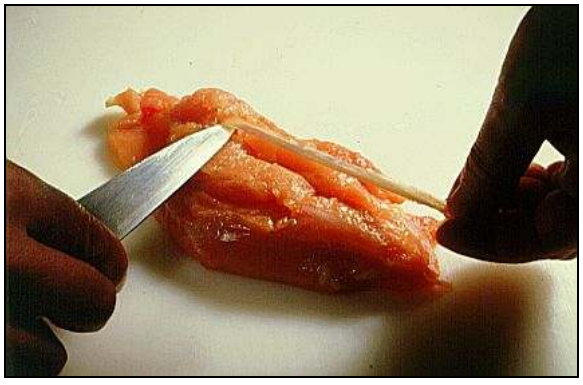
Continue cutting the breast meat away from the bone until you reach the ridge of the breastbone, where the skin and bones meet.



Hold the outside of the wing in one hand , cut through the tendons and scrape meat from bone with other, using a knife.

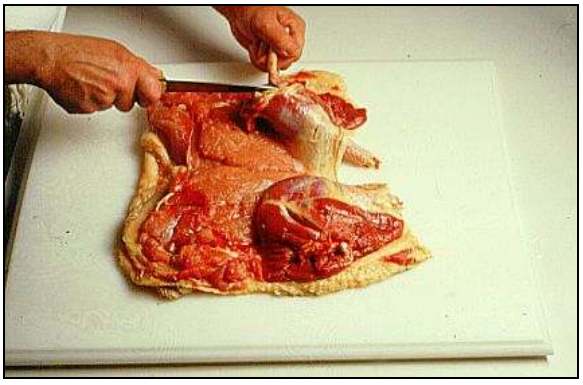


Overhead view of a partially boned bird with leg and wing bones left.



BONING POULTRY BREASTS STEP

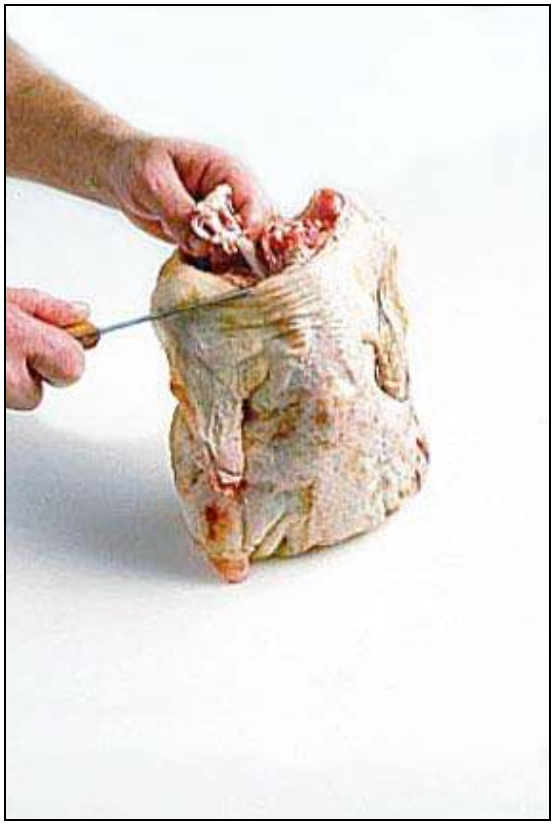
Strip the tendon from the centre of each breast, using a knife.



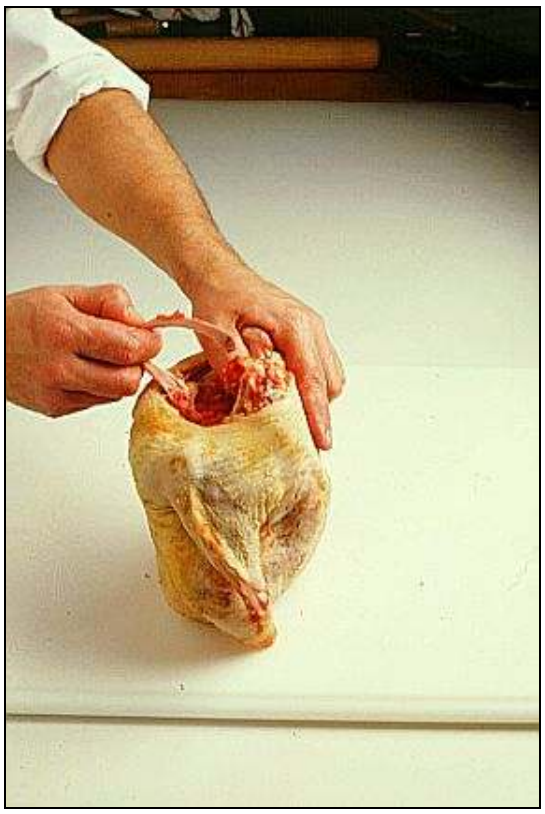
Overhead view of completely boned bird.

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BONING A BIRD BY THE GLOVE METHOD STEP

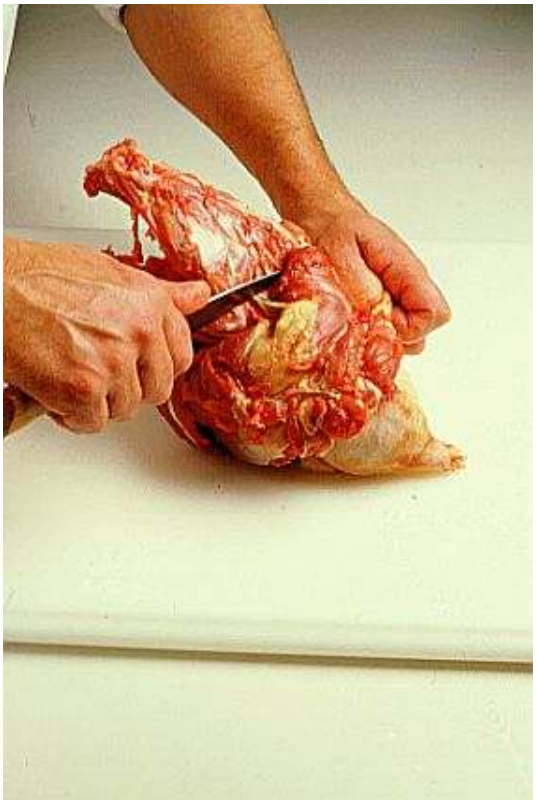


Cutting out the wishbone, using a knife.



Pulling out the sabre-shaped bone.

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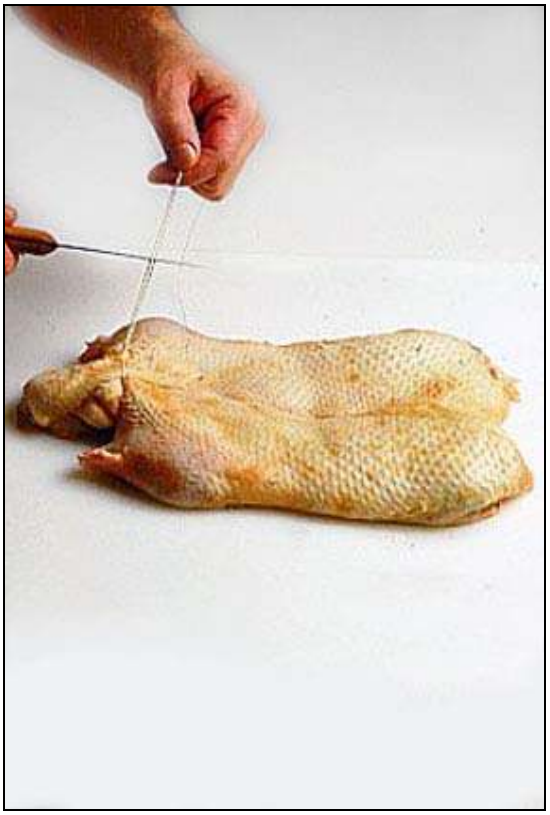


Continue cutting, pulling the flesh from the bones and turning the carcass from one side to the other, working towards the tail end.

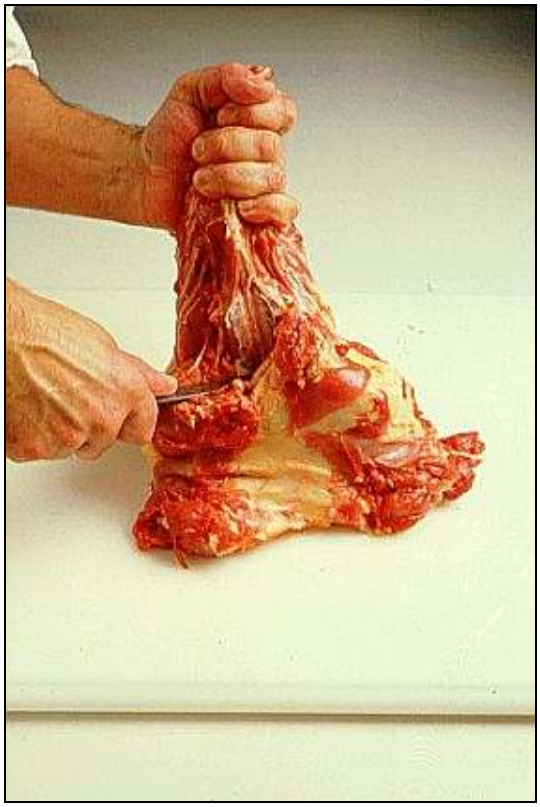


Pulling the meat and skin back from the carcass.

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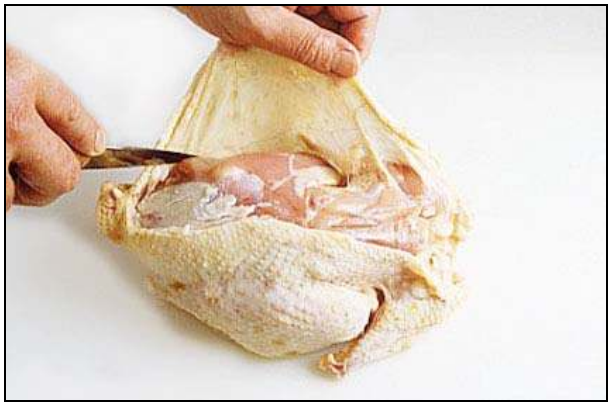
Turn the pouch side inside out so the skin is on the outside. Tie at the tail end, ready for stuffing.



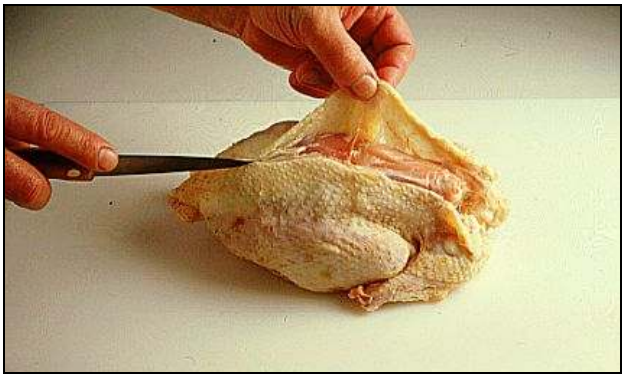
Severing the leg joints, leaving the bones attached to the meat and skin.

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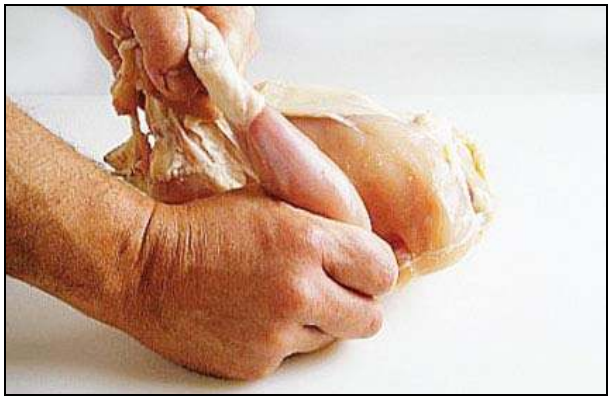
SKINNING A BIRD STEP



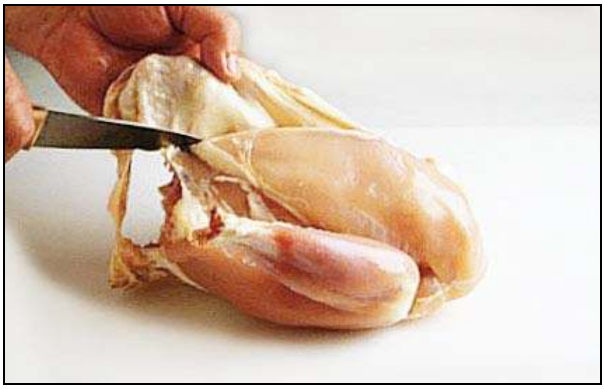
Cut and peel the skin from one side of the bird, using short sharp strokes of the knife.



Slitting the skin along the backbone from the head to tail.



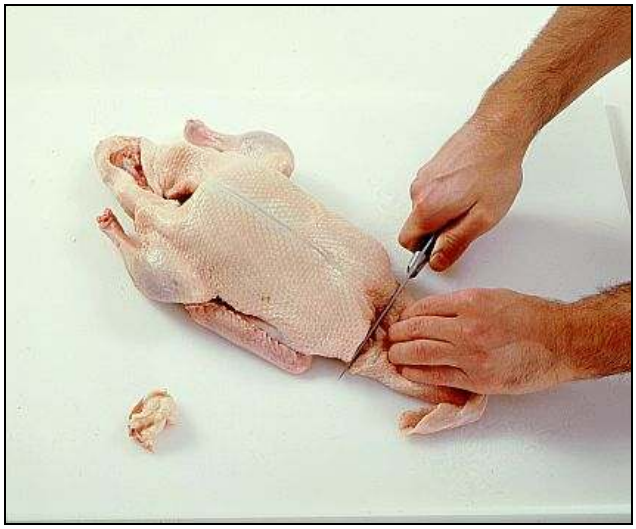
Continuing to peel away the skin, up to the breast bone, using a knife.



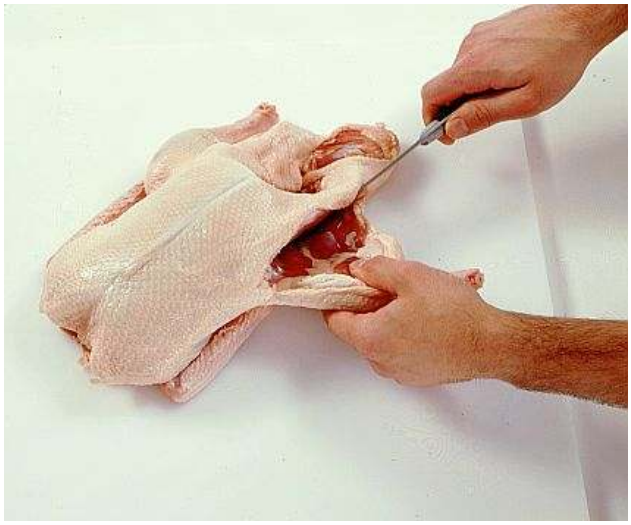
Turn the leg and wing skin inside out as it is reached

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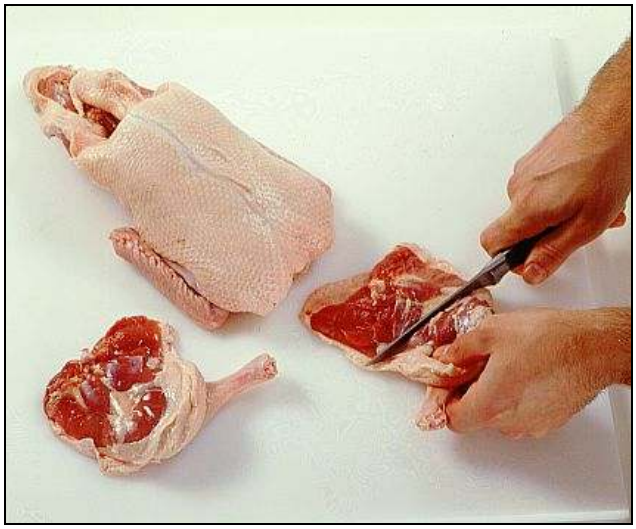
DUCK TRIMMING STEPS



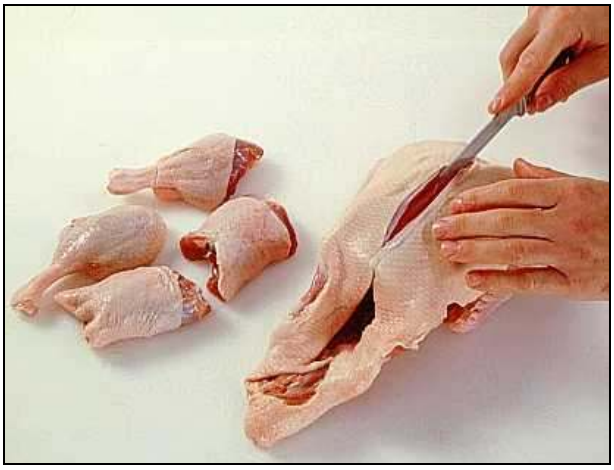
Cutting the skin off a duck



Trimming the excess fat off a duck



Cutting the leg away from the duck

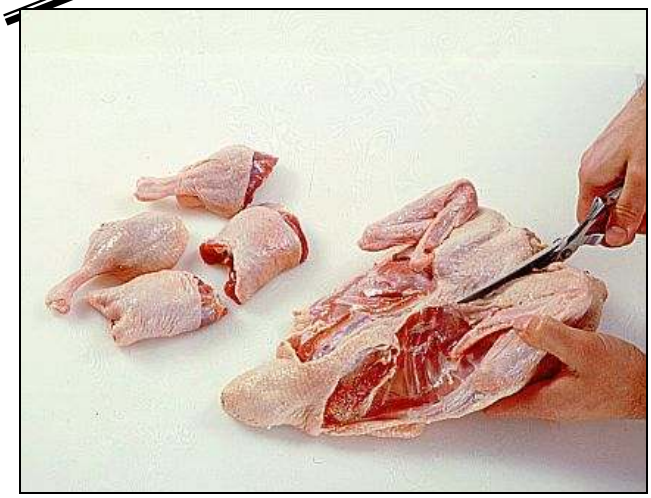


Slitting along the breast bone

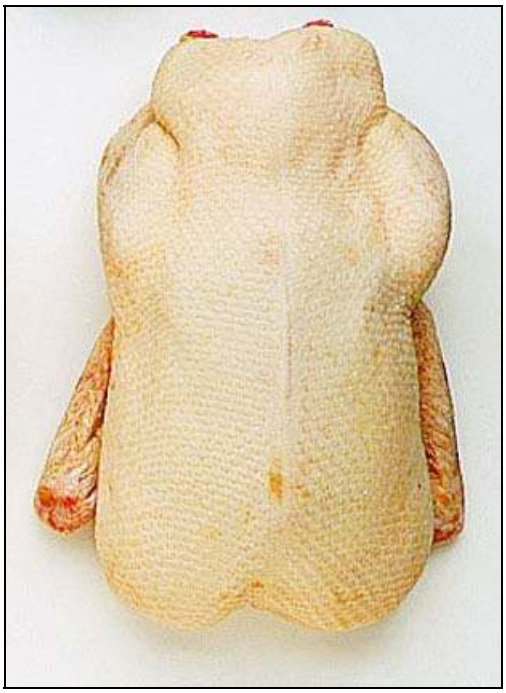
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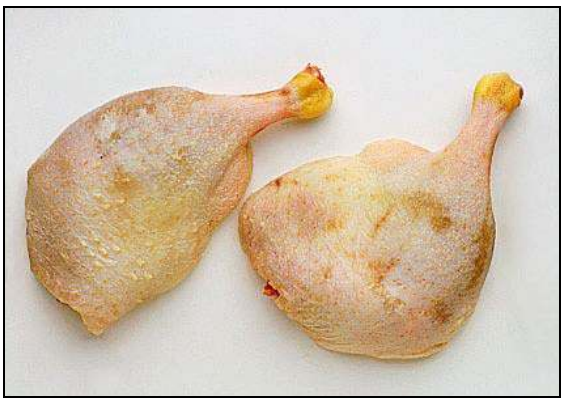
Cutting up duck breast



Cutting into a duck with scissors



Whole Uncooked Duck

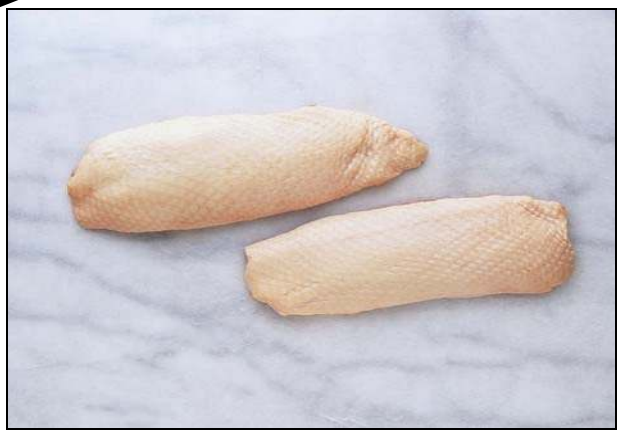


Duck Legs

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Removing skin and fat from duck.



Two uncooked duck breasts.

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المطبخ التحضيري (عملي)

(إعداد الأسماك)

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الجدارة:

المهنة	طاهي
الواجب	يعد الطعام
المهمة	يتقن المتدرب إعداد الأسماك و فواكه البحر بجميع أنواعها للطبخ
الهدف الإجرائي للمهمة	يسمي الأسماك و فواكه البحر المعدة للطبخ

الأهداف: عندما تكتمل هذه الوحدة تكون لدى المتدرب القدرة على أن:

- يتقن تنظيف الأسماك و القشريات و الرخويات و الأصداف.
- يتقن تشفية الأسماك من الحسك و الزوائد
- يحدد أشكال و مسميات الأسماك و فواكه البحر المعدة للطبخ
- يستخرج القطع المختلفة من الأسماك و القشريات.

مستوي الأداء المطلوب: لا تقل نسبة إتقان هذه الجدارة عن ٩٠٪

الوقت المتوقع للتدريب: عشرون ساعة تدريب عملي بالمطبخ التدريبي

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- استخدام معدات المسمكة(سكاكين مختلفة- آلات تقطيع- مفارم ..إلخ)
- مراقبة المدرب على كيفية أداء المهام و تنفيذها
- الإطلاع على الخطوات المذكورة بالحقيبة حسب الصورة و النص و تطبيقها
- استخدام وسيلة عرض إلكترونية لإظهار شرح المدرب
- زيارة ميدانية (مطابخ الفنادق- أسواق الأسماك- شركات الأسماك)

متطلبات الجدارة:

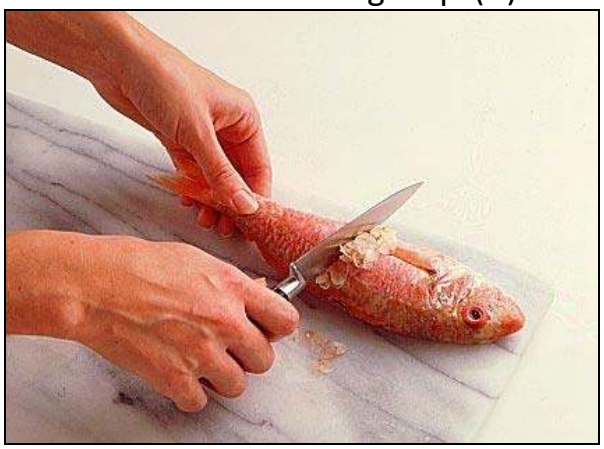
إتقان مهارات إعداد الأسماك و القشريات و الصدفيات و فواكه البحر بجميع أنواعها للطبخ حسب القوائم و طلبات الزبائن

FISH

- Whole fish Cleaning steps(A)



Slitting up length of Fish Belly to Gills with Knife.

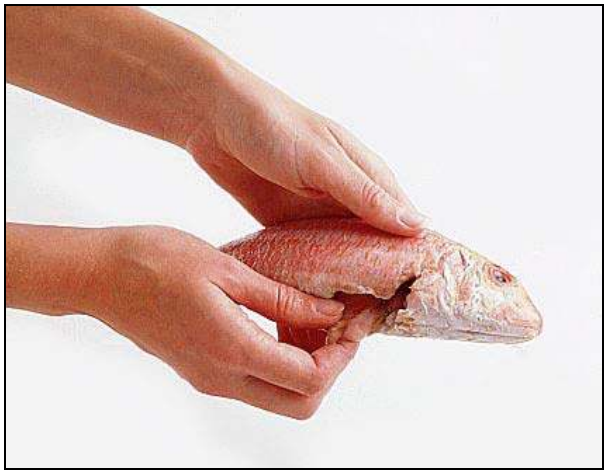


Hands Removing Scales from Red Fish with Back of Knife.

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Hand Holding Fish Open and Rinsing Cavity under Running Water.



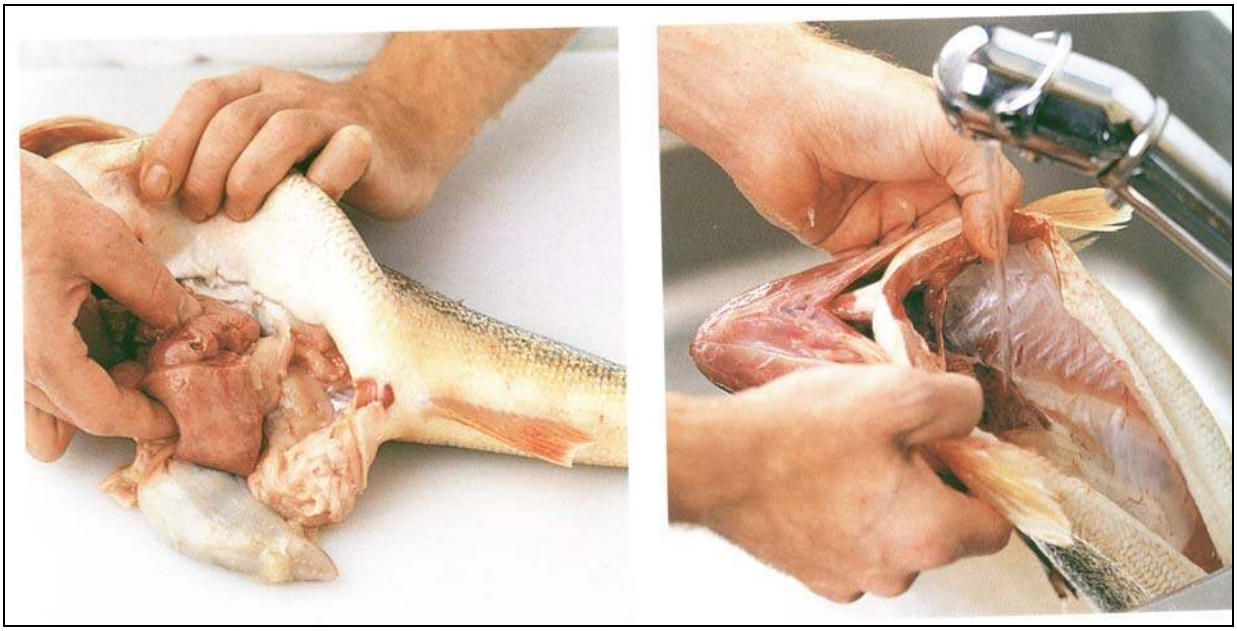
Hands Grasping Innards of Red Fish with Thumb and Forefinger and Pulling them out of Cavity.

- Whole fish Cleaning steps(B)

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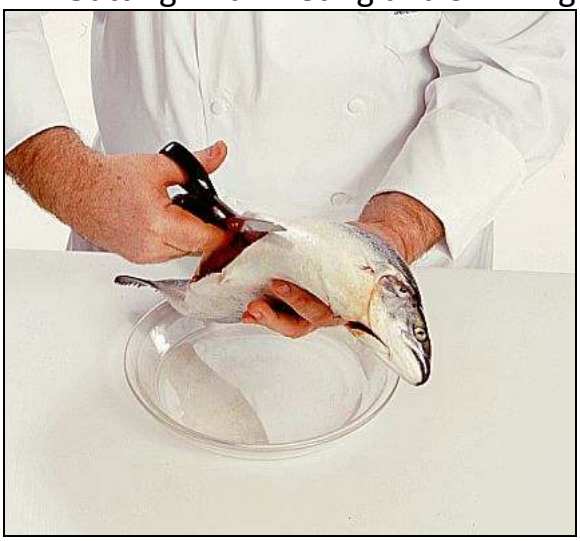






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- Gutting And Filleting and Skinning a Round Fish



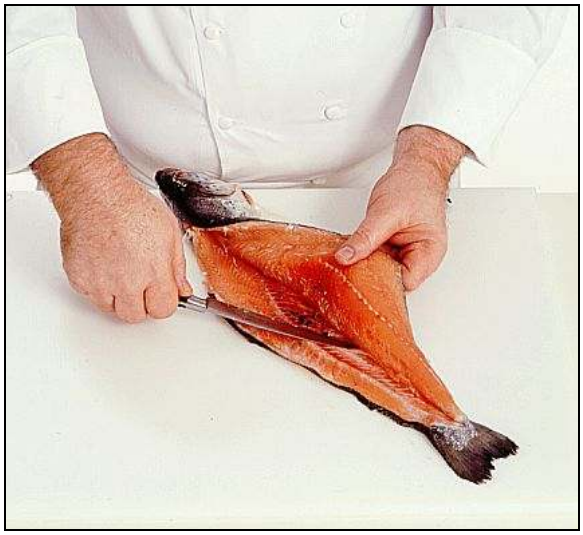
Fish trimmed and scaled. The underside of the fish is cut using a pair of scissors. Stomach .contents are removed



A filleting knife cuts along the backbone of the fish from the head right down to the tail. The knife slides smoothly next to the bones to remove the .fillet



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Inside of fish is shown as a fillet is removed .from it

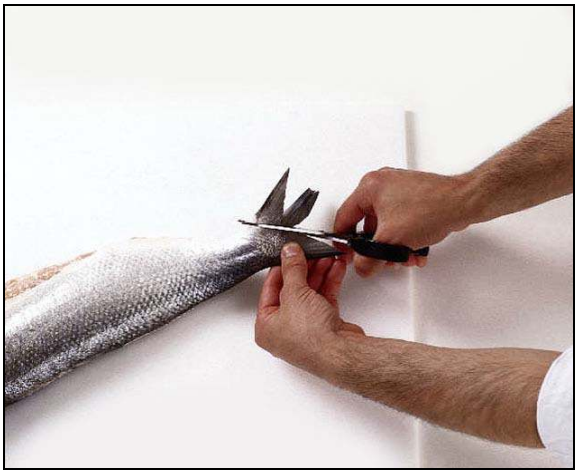


A chef holds the tail end of the fish and slides the blade against the flesh to remove the skin

- Preparing whole fish



Step 1, kitchen scissors being used to trim the fins of the fish.



Step 2, the tail of a fish being trimmed into a neat 'V' shape using scissors.

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Parsley sprigs and slices of lemon being stuffed into incisions across a whole raw fish, view from above.



Step 3, a chef's knife being used to make diagonal slashes in each side of the fish.

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- Preparing a Round Fish and Cutting it into Steaks



Fish with head removed has fins cut off its body with a pair of kitchen scissors.



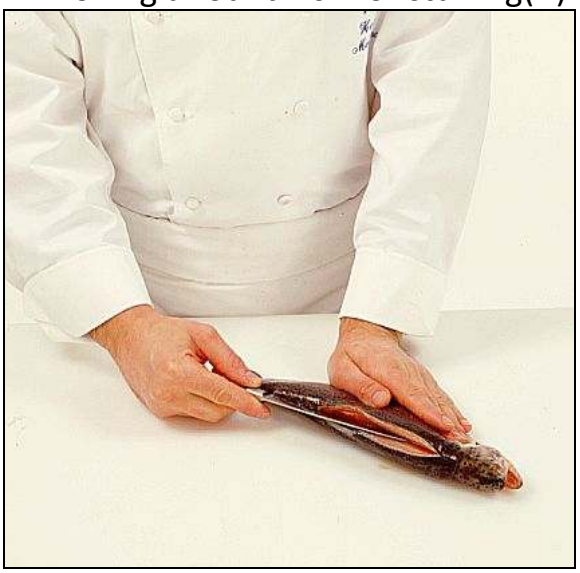
Back of a cook's knife is used to remove scales off fish by running it up and down the body of the fish.



The fish is cut into steaks approximately 5cm thick.

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- Boning a round fish for stuffing(A)



Dark colored fish that is cut from the head to the tail end along the backbone with a filleting knife.



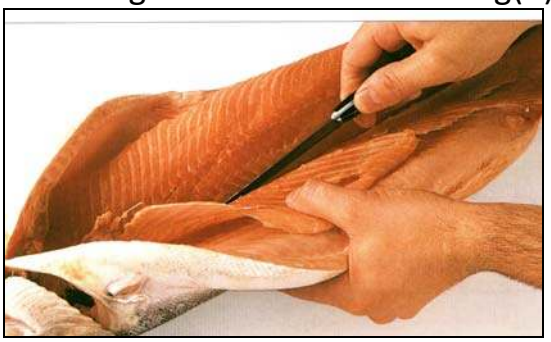
Filleting knife loosens the flesh from either side of the backbone in the fish. Fish has pink colored flesh.

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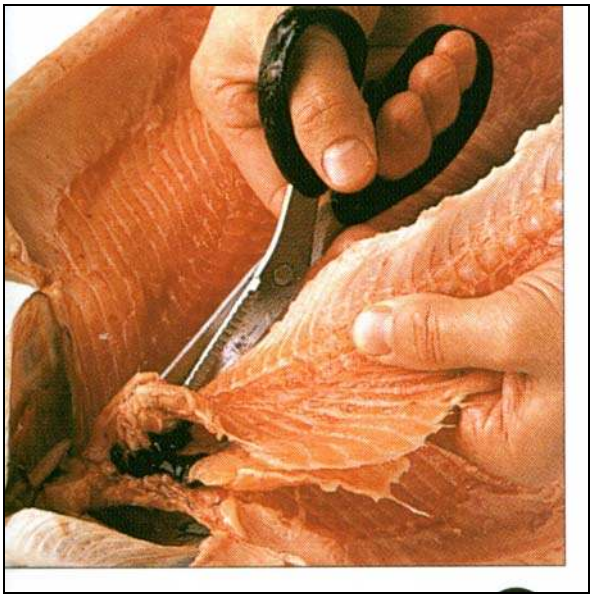
Backbone from tail and head is removed with a pair of scissors. Other bones are also removed thus leaving a cavity for stuffing.

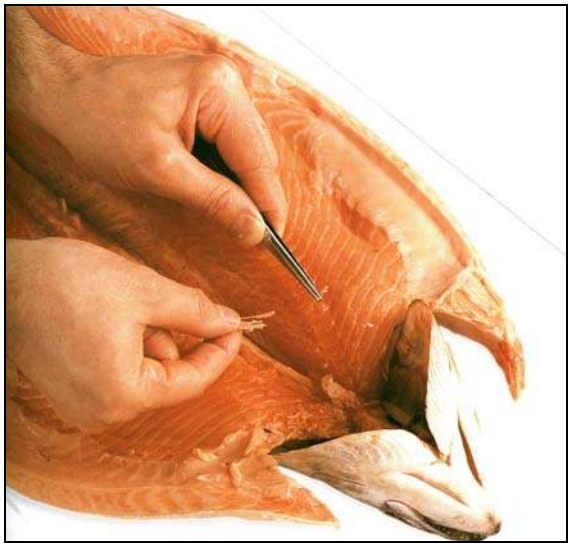
- Boning a round fish for stuffing(B)





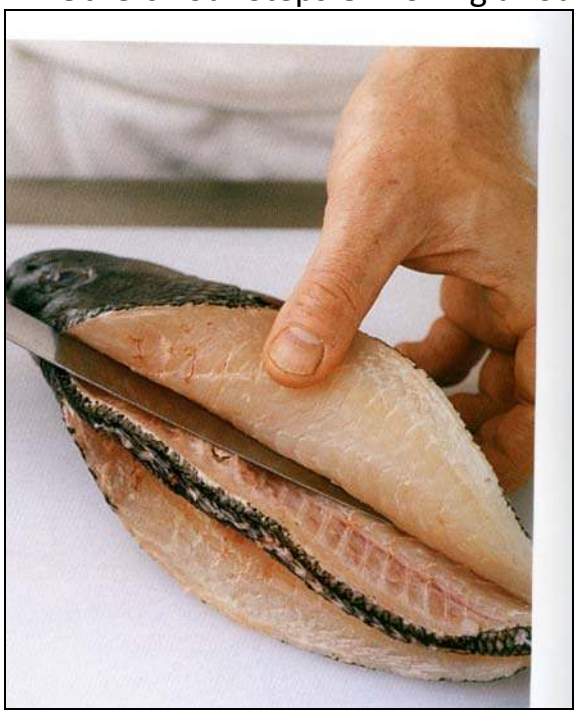
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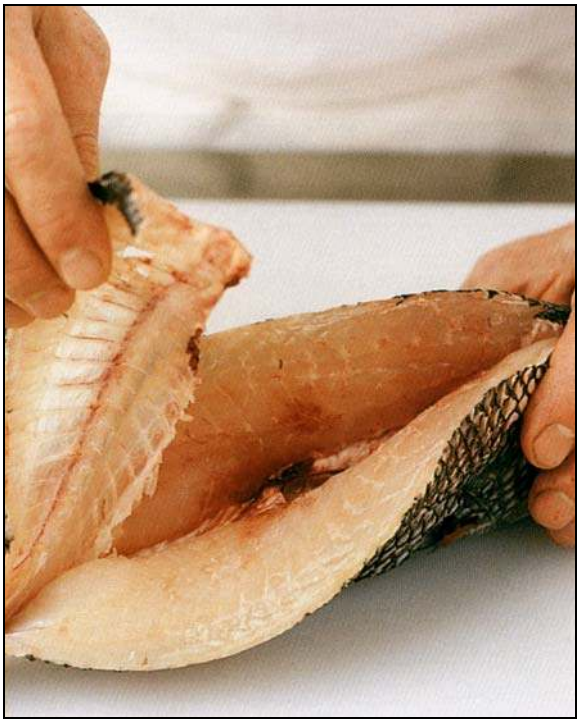
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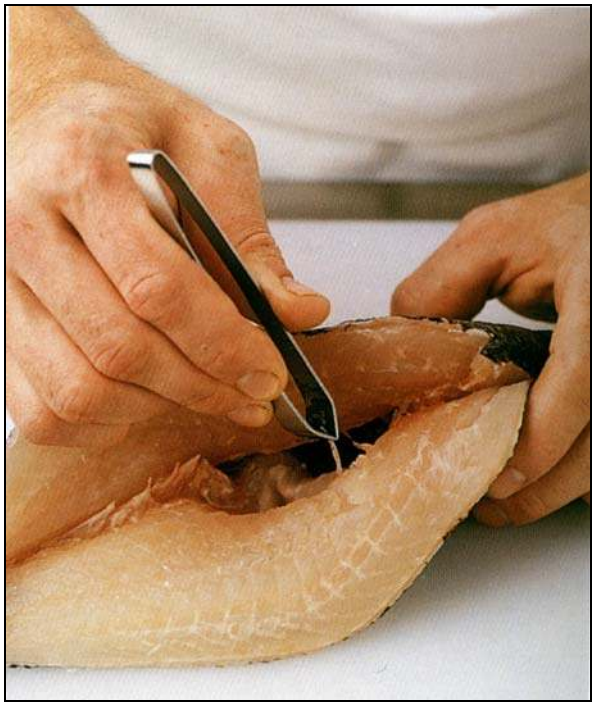
- Others Four Steps Of Boning a round fish for stuffing(C)





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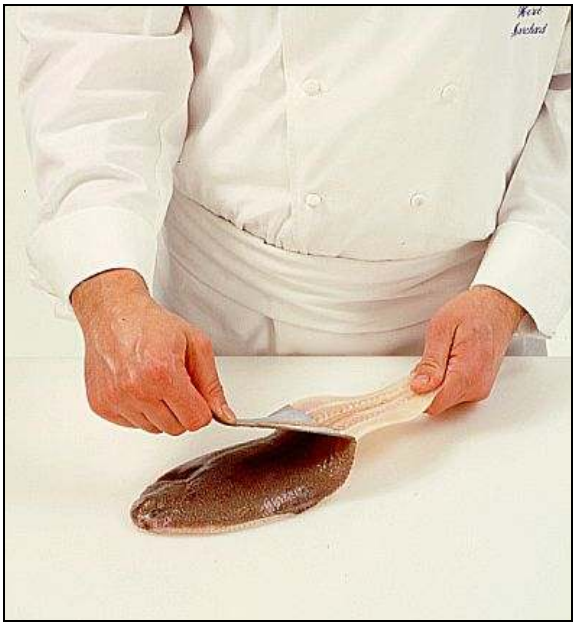


- Skinning and Filleting A Flat Fish (A)

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Tip of filleting knife slits skin near the tail end of the fish to loosen it.



Tail end of fish is gripped with one hand as the other hand firmly pulls away the skin from the flesh on both sides of the fish.



flat fish with skin removed is cut from behind its head along the natural line of the spine.

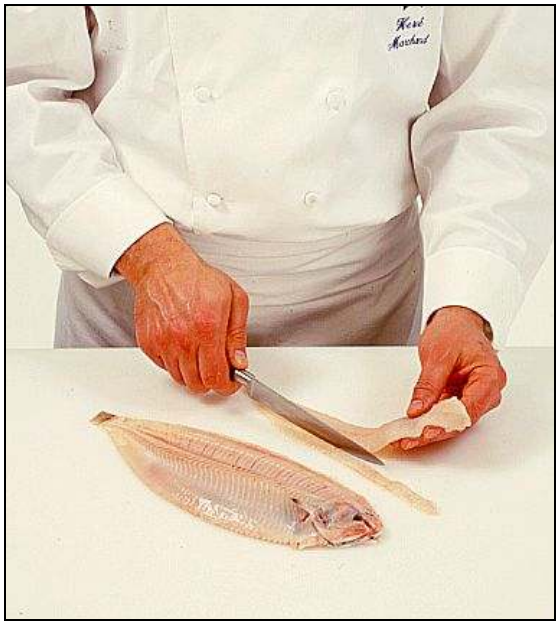


Blade of filleting knife is kept flat and slides between flesh and bones in smooth motion

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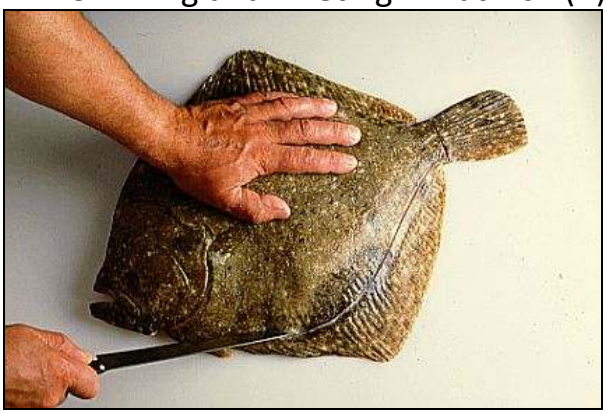
Fillets of fish lay on the surface as another fillet is removed from the fish.



Fillet is cut from the fish and small row of bones attached along the edge is removed.

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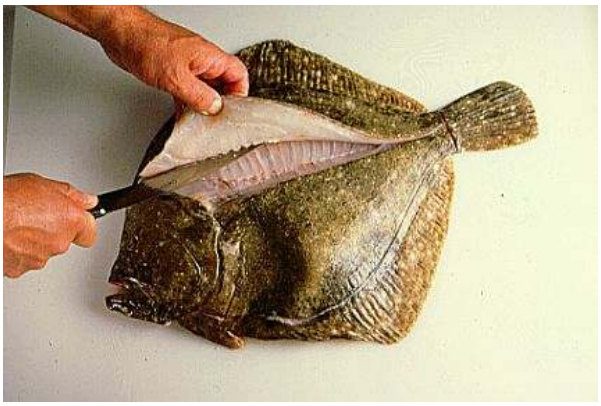
- Skinning and Filleting A Flat Fish (B)



To remove 4 fillets: With the point of a sharp knife, cut round the edge of the fish to outline the shape of the fillets.



With the point of knife, cut the fish to the bone in a semi-circle just behind the head



Cut a straight line from tail; to head along the spine, through the bone. Keeping knife almost flat, slip it between the flesh and rib bones. Cut away fillet



Turn the fish over and repeat steps 1-5 on the underside.

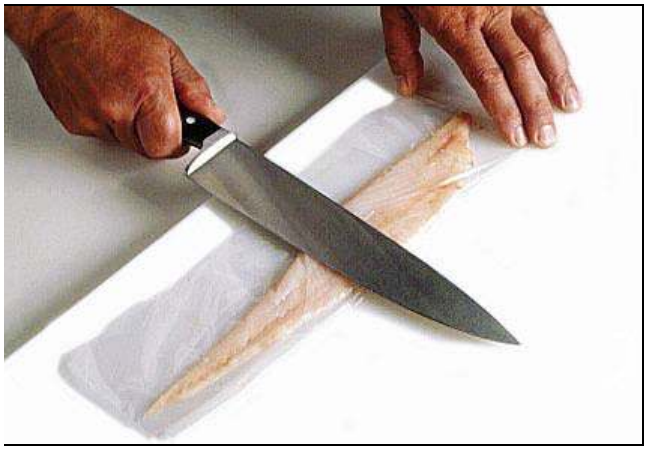
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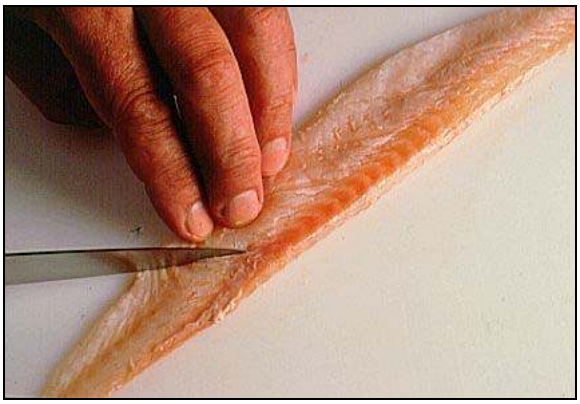
After loosen skin with point of knife, grasp the skin firmly using a cloth, pull skin sharply, parallel with the flesh, to strip it away from the flesh.

- Flatting Fish Fillet

خطأ!



Place fillet between two sheets of plastic wrap and pound it lightly with flat side of large knife blade.



With tip of knife, score the fillets lightly in parallel slanting lines on the side that has been skinned.

- Skinning fillets

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Step 1, a salted index finger gripping the tail of the fillet.



Step 2, a chef's knife cutting between the skin and the flesh of the fillet.

- Coating fillets.

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Step 1, a fillet being dipped into egg mix on a shallow white plate.



Step 2, fillet being covered in breadcrumbs on a piece of kitchen paper.

Diagonal slicing and rolling



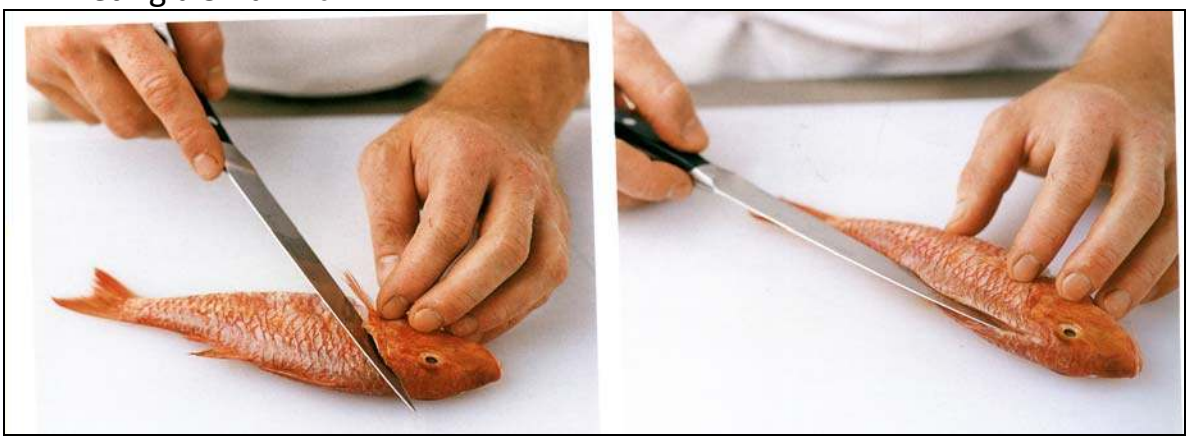
Slicing a fillet of fish

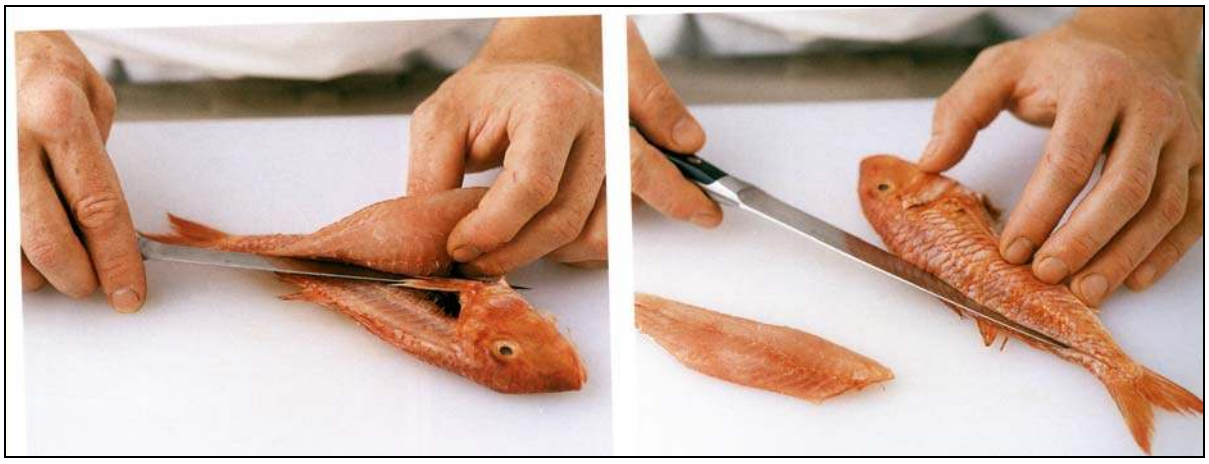


Flattening a fillet with a knife

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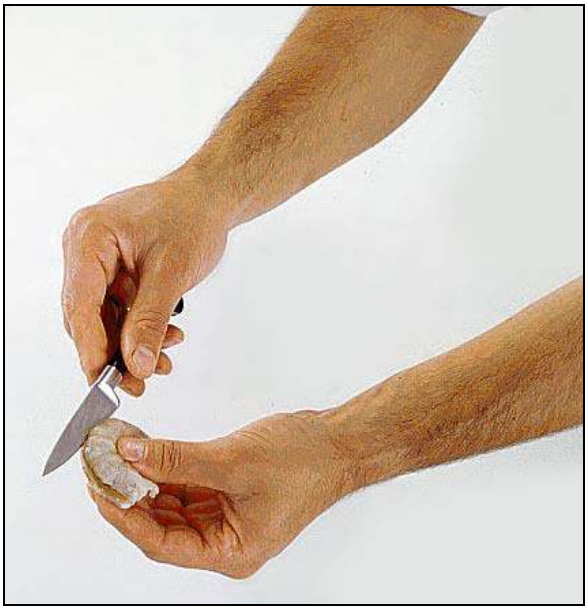
- Filleting a Small Fish



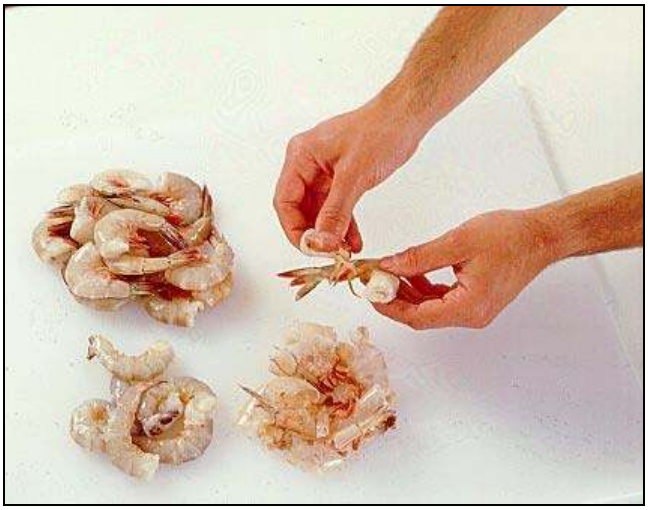


- How to prepare prawns

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Hand model removing a prawns intestinal vein with a knife.



Hand model removing the shell from a prawn.

- Preparing Squid



Cutting off Tentacles of Raw Squid with Knife.



Hands Clutching Head of Squid and Pulling out Innards.

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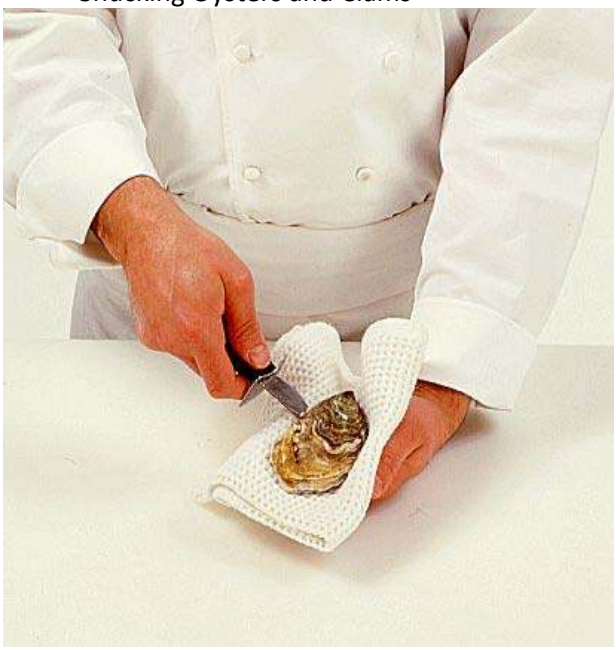


Hands Pulling out Transparent Bone out of Squid Body Sac.

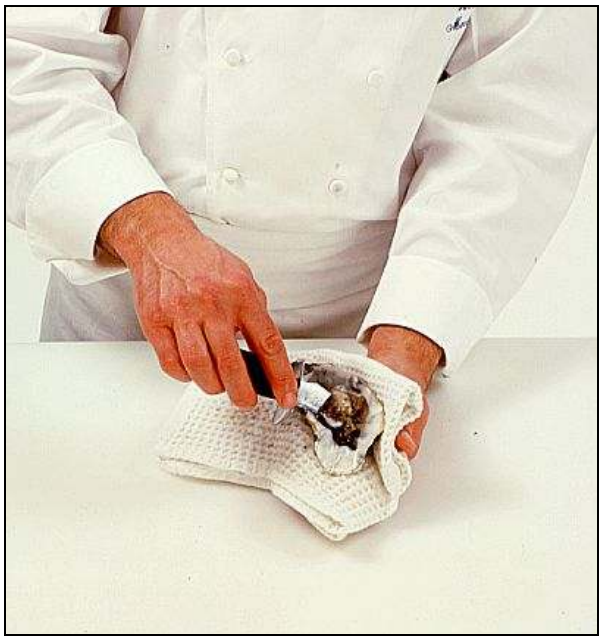
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SHELL FISH

- Shucking Oysters and Clams



Rounded shell of oyster is held in a cloth. Knife is inserted next to shell hinge to force shell open.



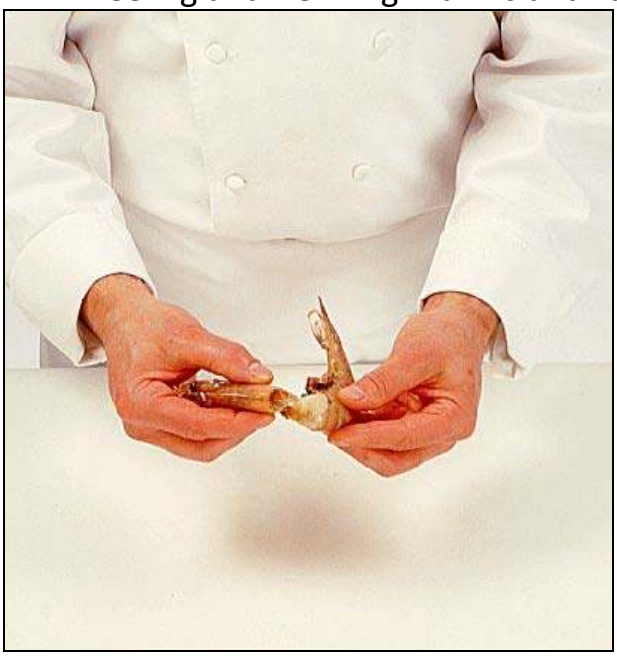
Rounded shell of oyster shell held in cloth. Knife slides along top of shell so the top shell can be loosened and removed



Bottom shell is held in cloth and knife loosens meat from the shell.

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- Peeling and Defining Prawns and Langoustines

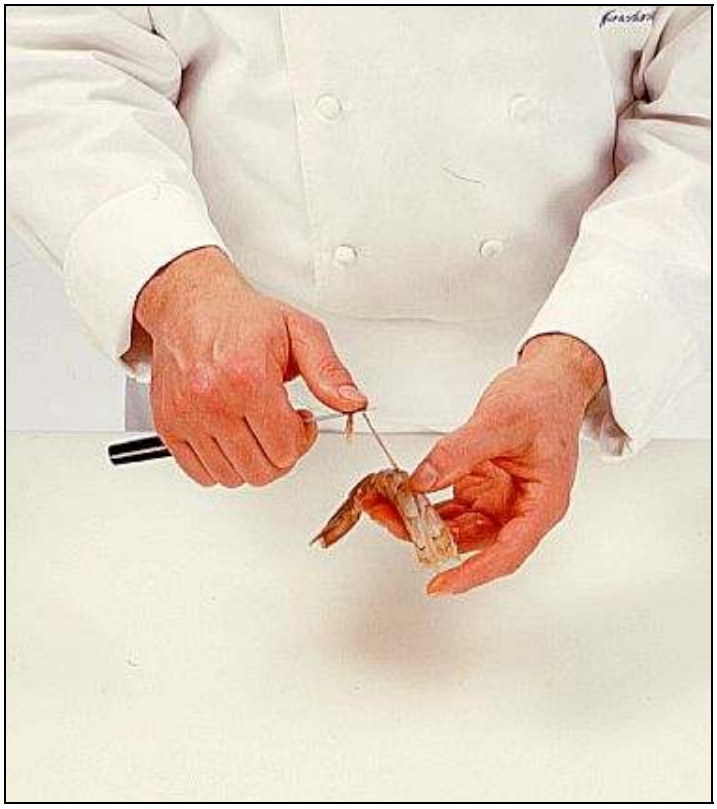


Head is removed from prawn as is the shell.



Shallow cut is made lengthways aling the back of the prawn using a small knife.

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Vein is carefully pulled out from cut in back of prawn.

- Peeling and Butter flying Prawns

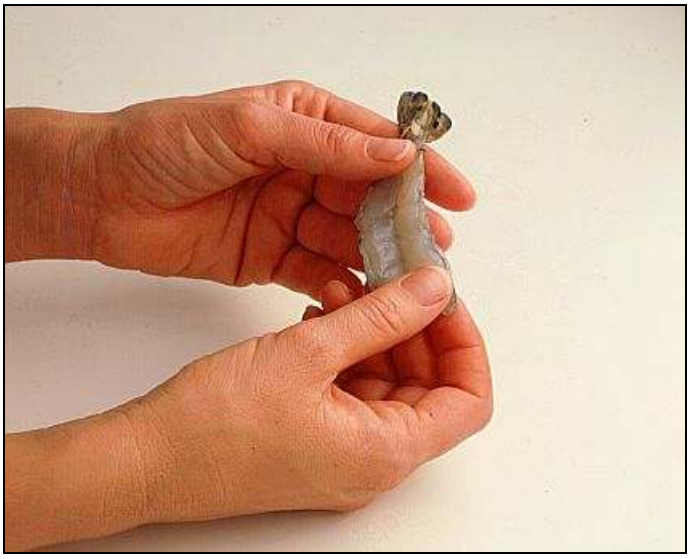
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View of Prawn being Peeled



View of Prawn being cut along its back.



View of Prawn being opened flat like a book.

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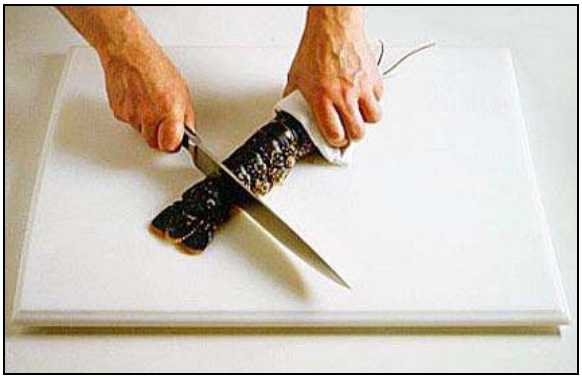
- Cutting Up Raw Lobster (A)



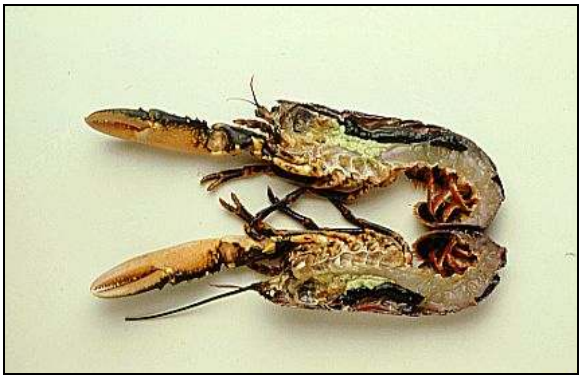
Turn lobster round. Holding it by the head, continue cutting down to the board through the cross mark at centre of head.



Chop off claws and legs with a single blow of the knife.

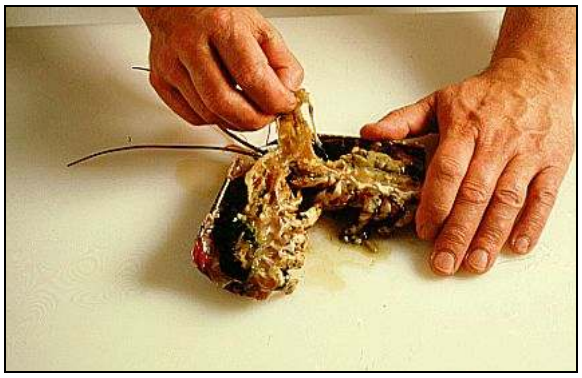


Grip the head using a cloth, slice the tail section across into medallions.



Cross-section of a lobster slice in two.

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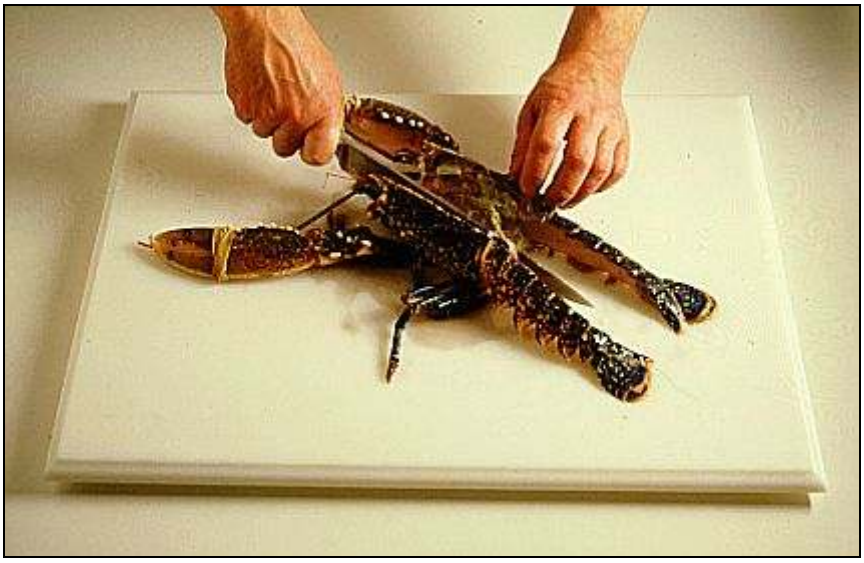


Discarding the head sac, scooping out tomalley and any coral. Liquid from lobster on board.



Close-up of claw that has been cracked.

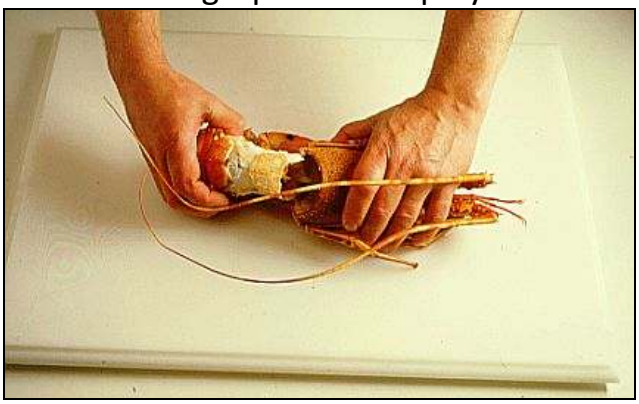
- Cutting Up Raw Lobster (B)



Splitting lobster in half lengthwise.

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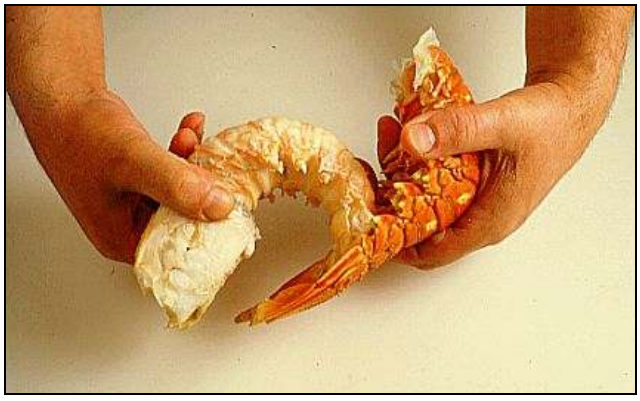
- Cutting Up Cooked Spiny Lobster



Holding the lobster with both hands, twist and pull the body and tail apart, leaving the tail meat in one piece.

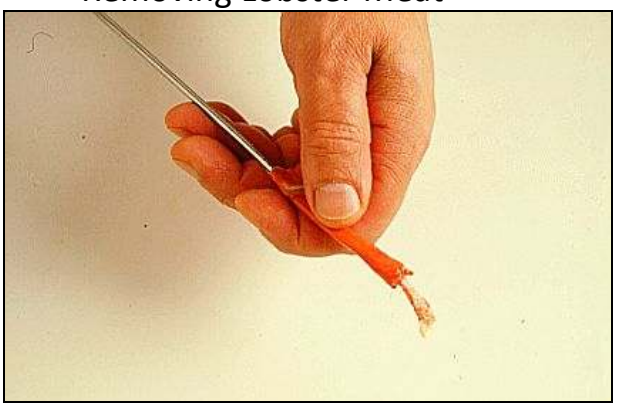


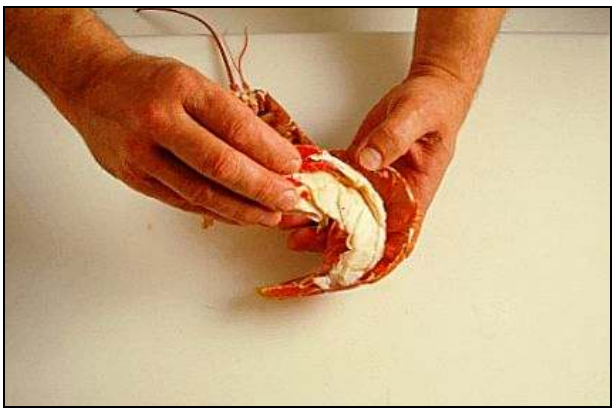
Pressing the shell on both sides to loosen the tail meat, using finger.



Peeling back the shell with hands and extract the tail meat in one piece.

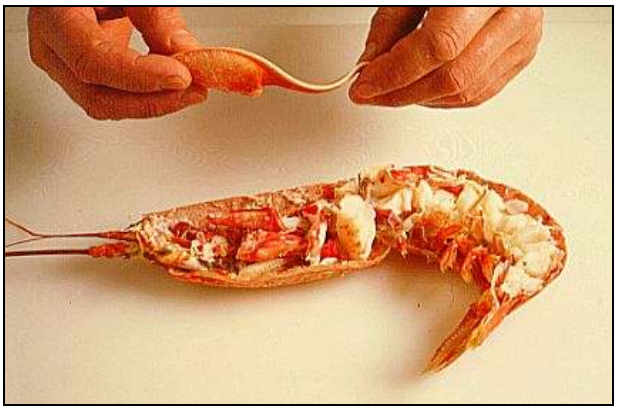
- Removing Lobster Meat



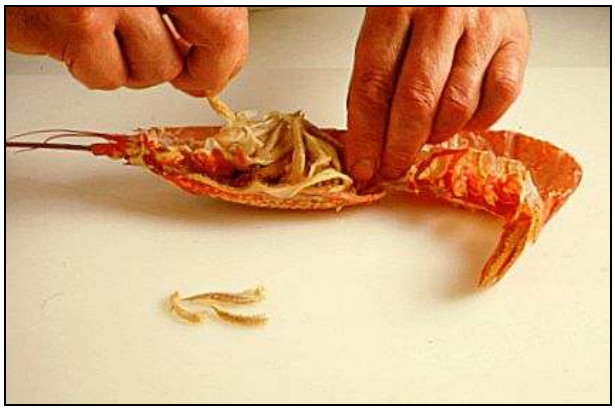


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Lifting the tail meat from the shell, pulling it out neatly and in one piece, using fingers.



Using a skewer to push the meat from legs.

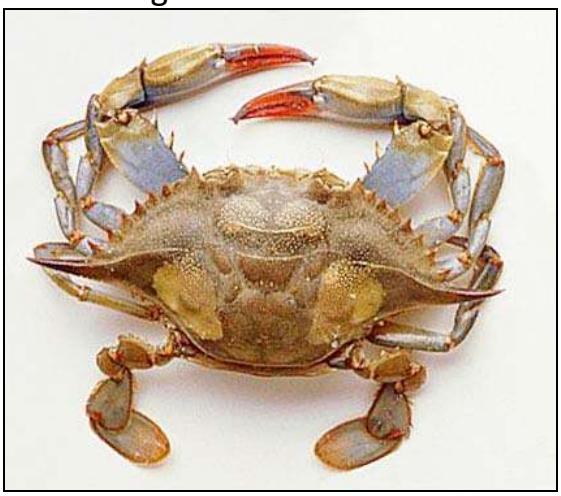


For serving, place the slices of lobster meat in the shell with the claw meat on top.

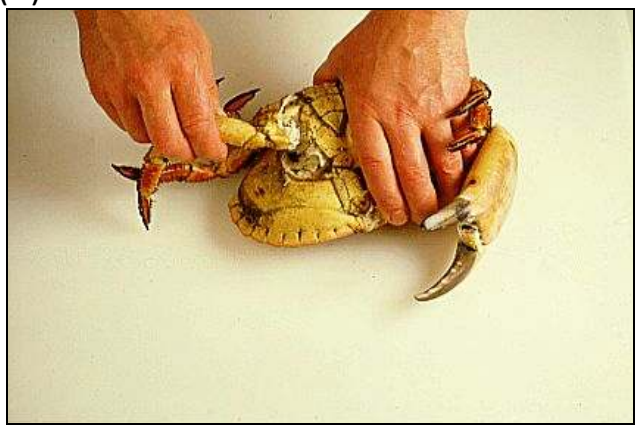
Discarding the gills ('dead men's fingers') from the underside of the body shell, using fingers.

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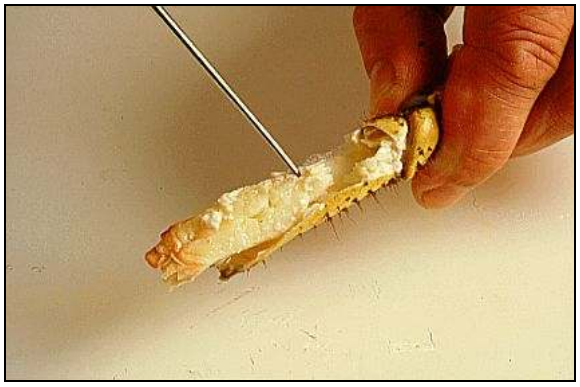
- Picking Meat Out Of Cooked Crab (A)



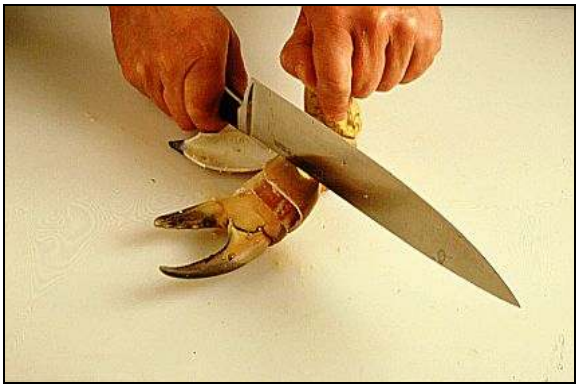
Scooping out the soft brown meat from shell, using a spoon.



Set the crab, back down, on a board. Twist and break the claws and legs from the body

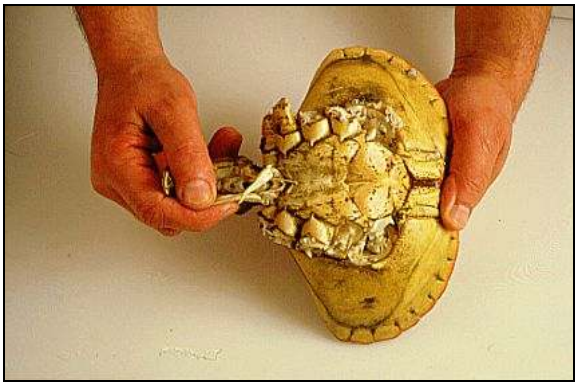


To extract leg meat: snip along each side of shell with shears and lift out the meat with a crab pick or skewer.



Cracking the claws with the back of a knife

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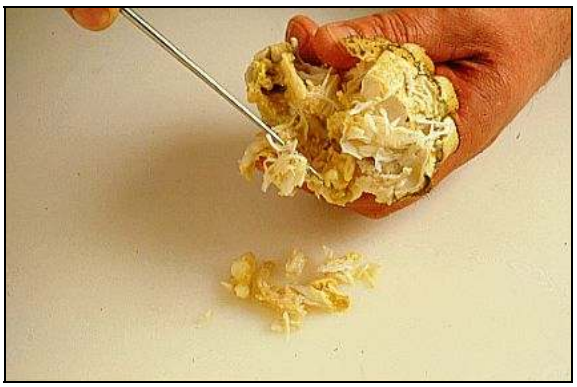
To open body: first lift up the apron flap (tail), then twist it off and discard it.



Cracking open central section of the shell under the tail and pries it apart, using hands.



Discard the soft gills ('dead men's fingers') from the sides of the central body section.



Pricing out the meat with a pick or skewer, discarding any small pieces of membrane

- Preparing cooked crab(B)

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Breaking claws of a crab



Cracking the shell

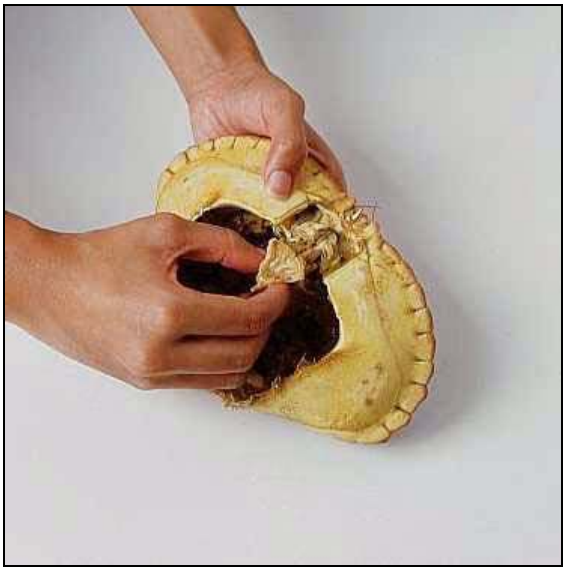


Praising the body away from the shell



Pulling of the dead men's fingers

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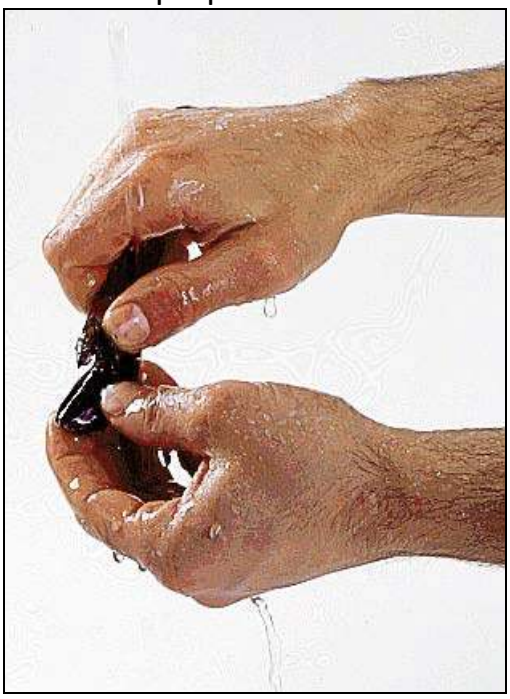
Pulling out the crab stomach



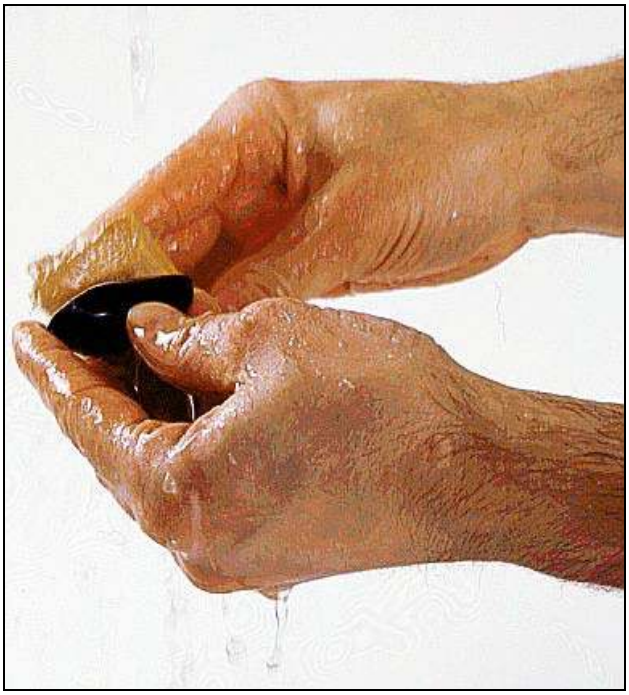
Poking out the white meat from the centre of the crab

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- How to prepare mussels



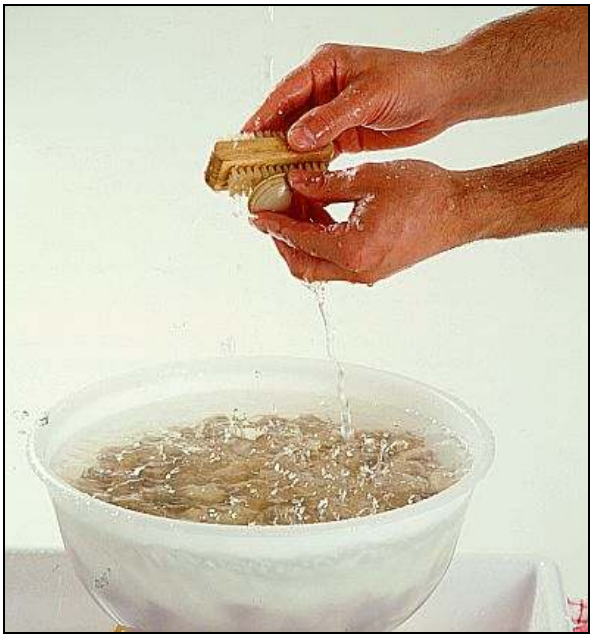
Hand model removing 'beard' from mussel



Hand model cleaning the shell of a mussel.

- Soaking Mussels and Clams

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cleaning a clam with a nail brush - a bowl of clams beneath it



View of Mussels and Clams being Soaked in a bowl of Cold Water.



View of how to pull out Strand Protruding from the shells.



Glass Bowl of Mussels and Clams in Shells in Salt Water to disgorge grit.

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Hands Deb earding Mussel by Pulling out small Strands protruding from Shell.



Hands Scrubbing Clam with Small Stiff Brush to Remove Dirt or Barnacles.

- Cleaning Scallops

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Open Scallop Shell with Prepared Scallop in one Half.



Hands praising apart and opening scallop shell with blunt knife.

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المطبخ التحضيري (عملي)

إعداد الخضار و الفواكه

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الجدارة:

المهنة	طاهي
الواجب	يعد الطعام
المهمة	يتقن المتدرب إعداد الفواكه و الخضار للطبخ و الزينة و العرض
الهدف الإجرائي للمهمة	يسمي أشكال و الفواكه و الخضار المعدة للطبخ أو الزينة أو العرض

الأهداف: عندما تكتمل هذه الوحدة تكون لدى المتدرب القدرة على أن:

- يتقن تنظيف و تجهيز الخضار و الفواكه بجميع أنواعها.
- يتقن تشكيل الخضار و الفواكه حسب متطلبات قوائم الأكل
- يحدد أشكال و مسميات الخضار المرفقة مع الأطعمة
- يفرز فواضل الخضار و الفواكه و الممكن استعمالها في طبخ أشياء أخرى .

مستوي الأداء المطلوب: لا تقل نسبة إتقان هذه الجدارة عن ٩٠٪

الوقت المتوقع للتدريب: عشرون ساعة تدريب عملي بالورش

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الوسائل المساعدة:

- استخدام معدات قسم تجهيز والخضار و الفواكه(سكاكين مختلفة- آلات التقشير و التقطيع)

- مراقبة المدرب على كيفية أداء المهام و تنفيذها
- الإطلاع على الخطوات المذكورة بالحقيبة حسب الصورة و النص و تطبيقها
- استخدام وسيلة عرض إلكترونية لإظهار شرح المدرب
- زيارة ميدانية (مطابخ الفنادق- أسواق الخضار)

متطلبات الجدارة: إتقان مهارات تنظيف و تقشير و إعداد الخضار و الفواكه بجميع أنواعه

VEGETABLE PRAPARING

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- Trimming artichokes steps

Step-1



Step-2



Step-3



Step-4



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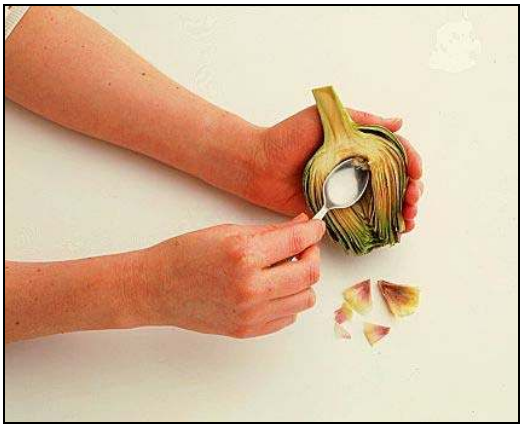
- Different steps for Artichoke Preparation



Artichoke held by two hands on a chopping board.



Stem of globe artichoke being trimmed, view from above.



Scraping out the hairy 'choke' with a spoon.



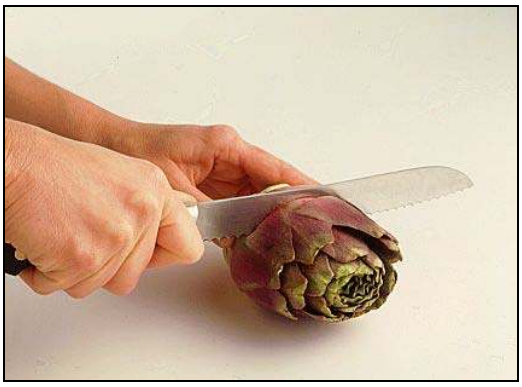
Cutting away the leaves from a beheaded artichoke



Scooping out the 'choke' with a spoon

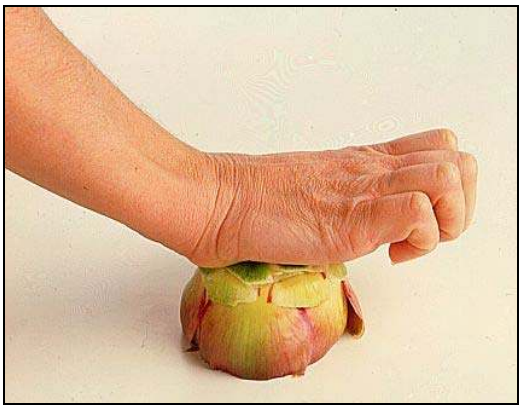
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- Preparing Artichokes For Stuffing



Step 1

View of how to Slice of the Artichoke Stem.



Step 2

View of how to force the Artichoke Leaves open.



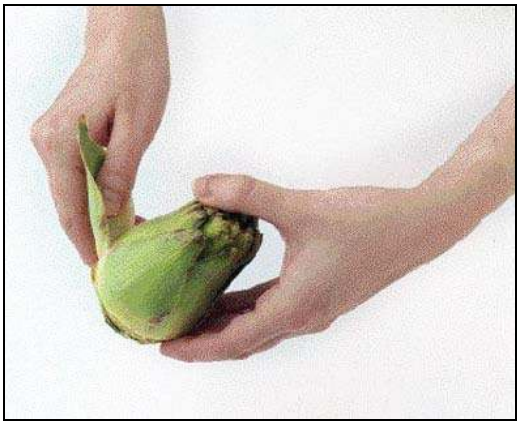
Step 3

View of how to pull out the Hairy Chokes.

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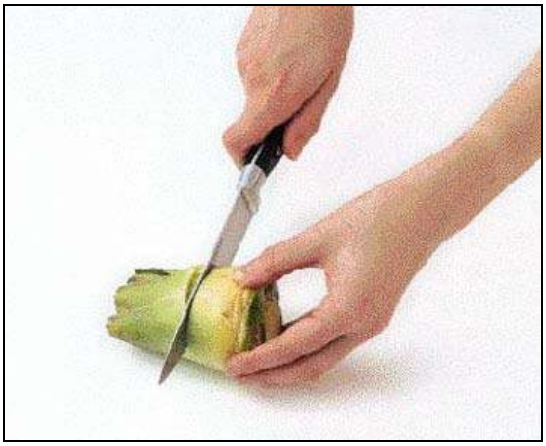
Artichokes having Stalk Cut Off



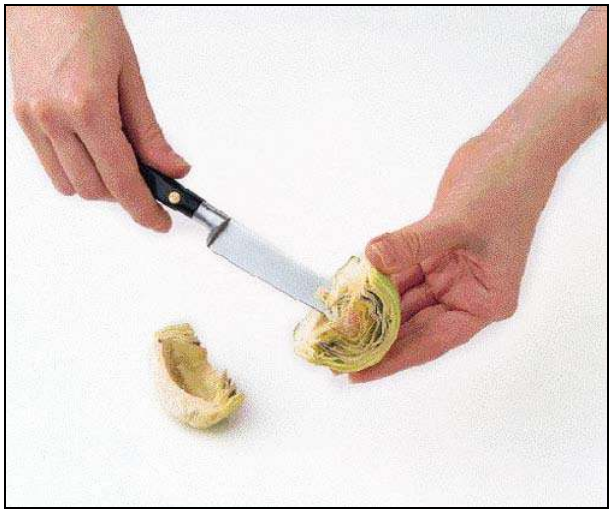
Pulling the tough outer leaves off the artichoke.



Leaves Peeled off Artichoke Head



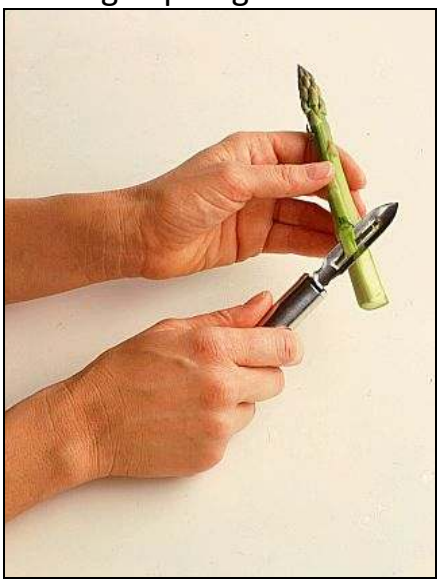
A sharp knife cutting the upper part of the inner leaves from the base of the artichoke.



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The tip of a knife removing the inner choke from the artichoke.

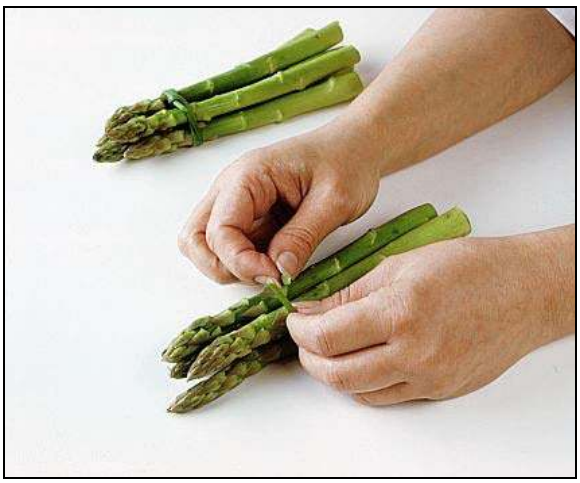
- Trimming Asparagus



View of of Asparagus being Peeled using a Potato Peeler



Breaking off the tough ends of asparagus.

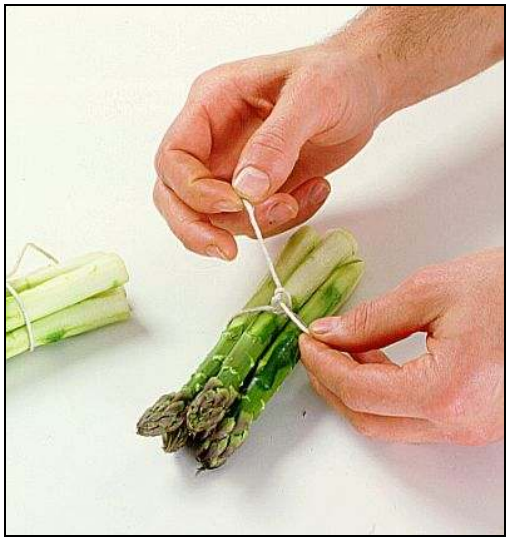


Dividing asparagus up into bundles.



Asparagus Tips being Cut

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Tying Bundle of Asparagus Stalks with Kitchen String.



Peeling Asparagus Stalks with Vegetable Peeler.

- Trimming Broccoli



Broccoli being chopped into florets.



Trimming broccoli with knife

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Slicing Broccoli Florets.



Broccoli heads being chopped into small florets.

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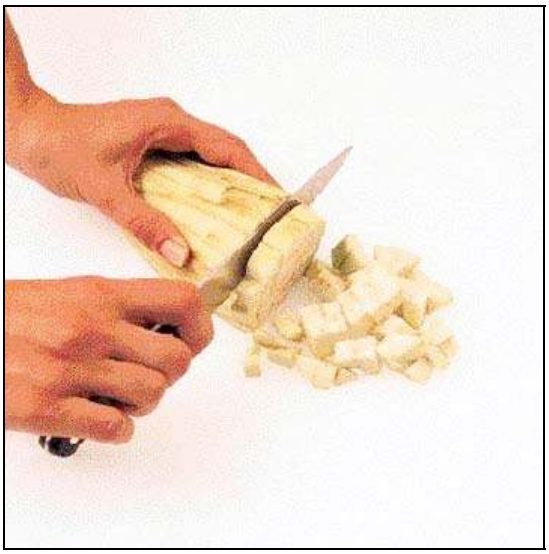
- Trimming a Aubergine (Eggplant)



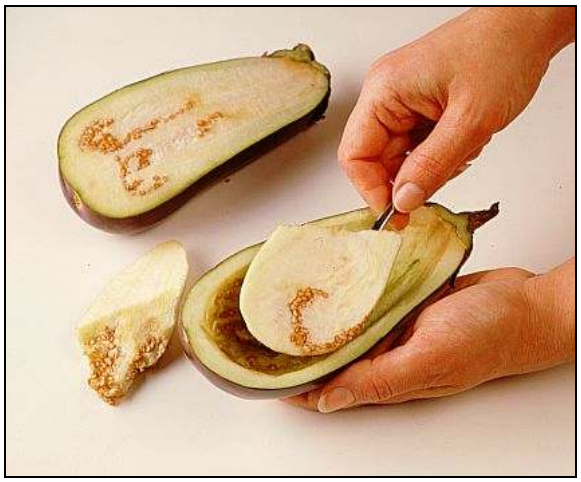
Using raw aubergines step-1



Using raw aubergines, step 2.



Using raw aubergines, step 3



Spooning out centre of aubergine

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Brushing hollowed eggplant with oil.



Slicing aubergine.



Stripping the skin Of Gilled Aubergine



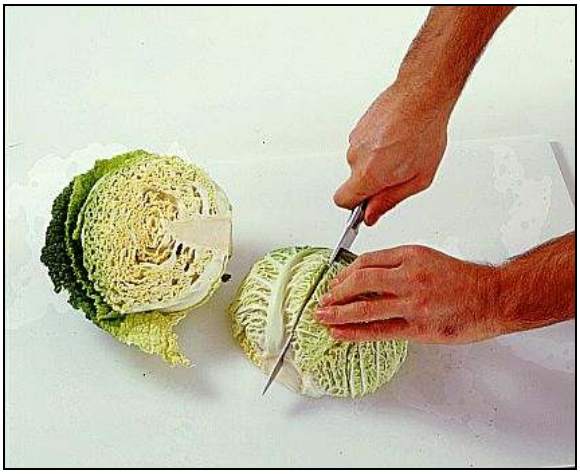
Cutting the Grilled aubergine

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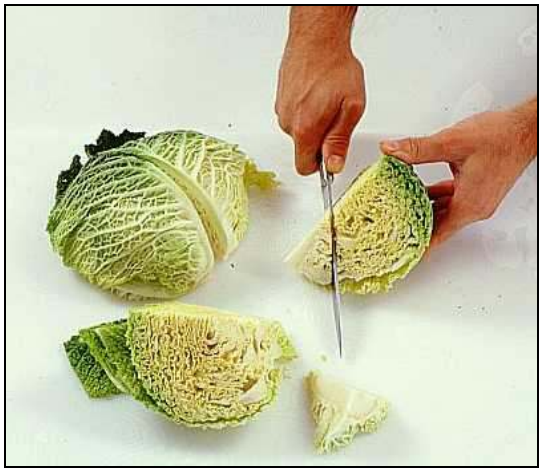
- Cabbage and Broccoli.



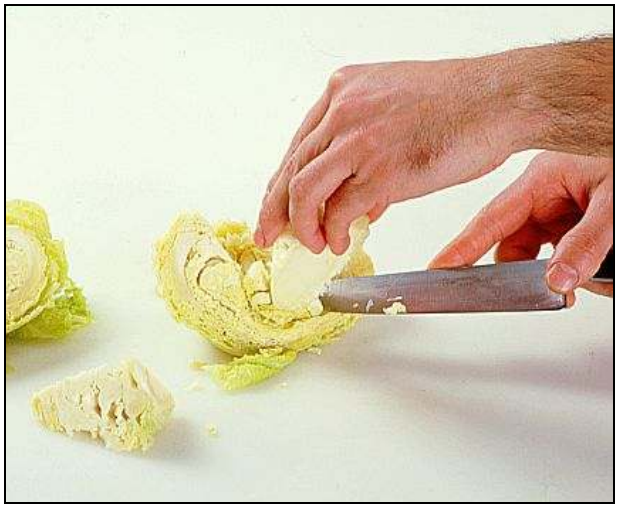
A cabbage being blanched



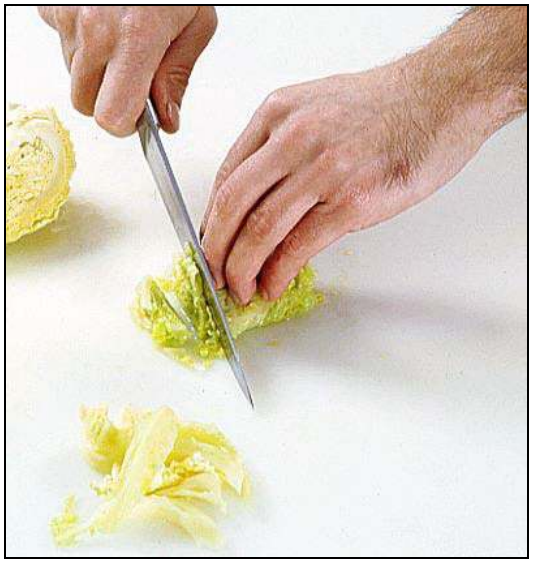
Slicing a cabbage lengthways

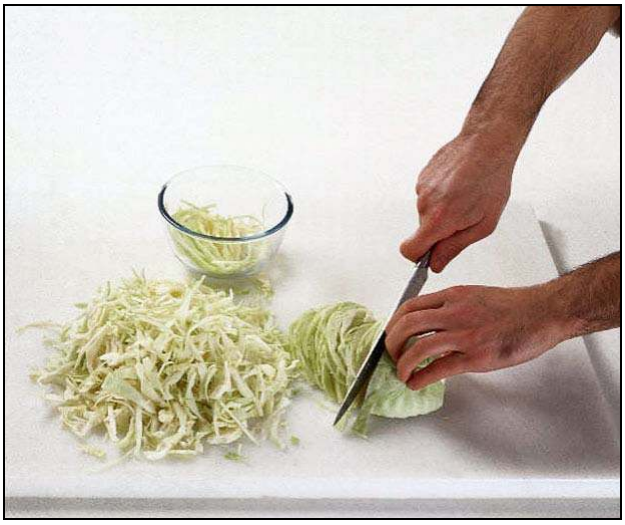


Cutting up a cabbage



Removing Core of Cabbage from Head with Knife.

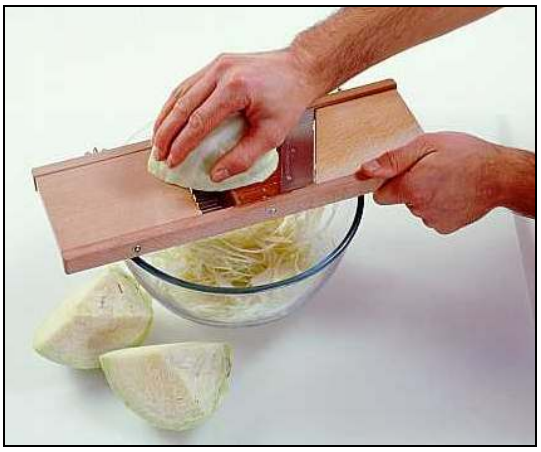




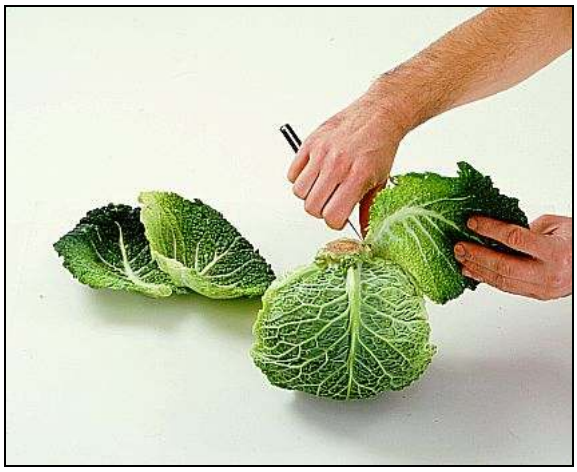
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Cutting Cabbage

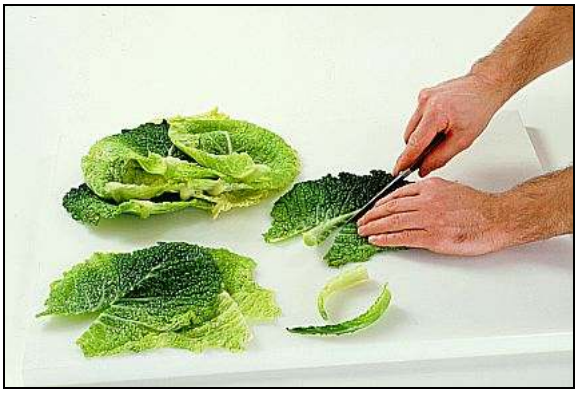
Hard cabbage, a quarter of a cabbage being cut into strips.



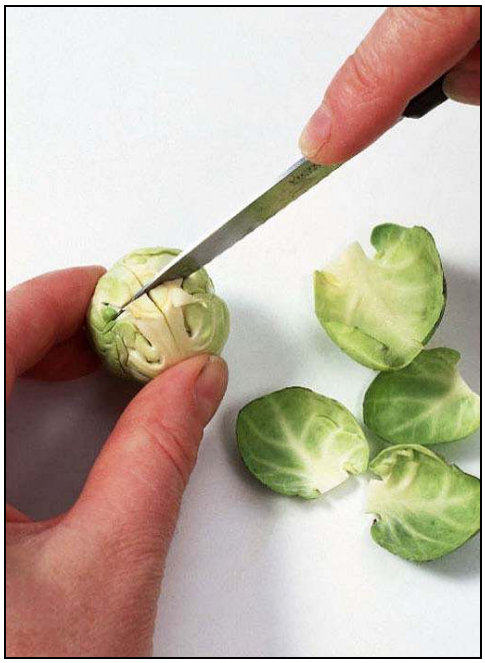
Cabbage being Shredded with Mandolin



Cutting Exterior Leaves away from Cabbage using Small Knife.



Cutting Centre Rib from Cabbage Leaves



Brussels sprouts, crosses being cut in the bases of sprouts using a paring knife.

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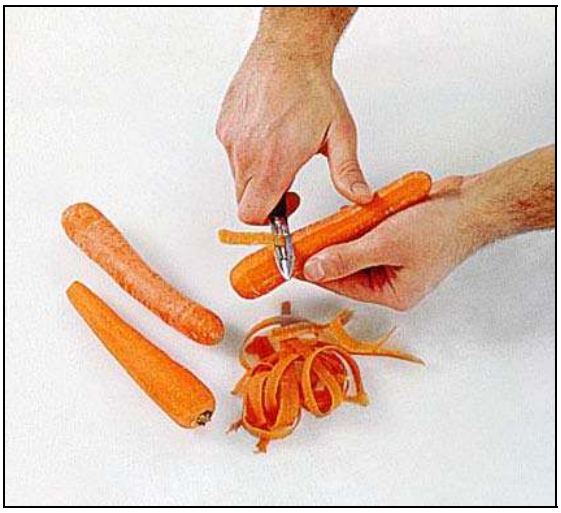
- Peeling Carrots



Hand model cutting the stalks of carrots.



Scraping Carrot to Peel



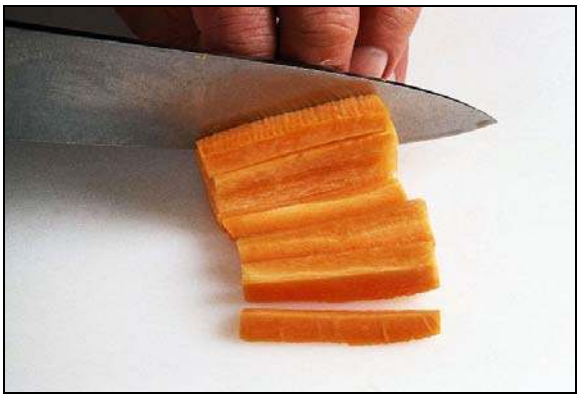
Peeling carrots



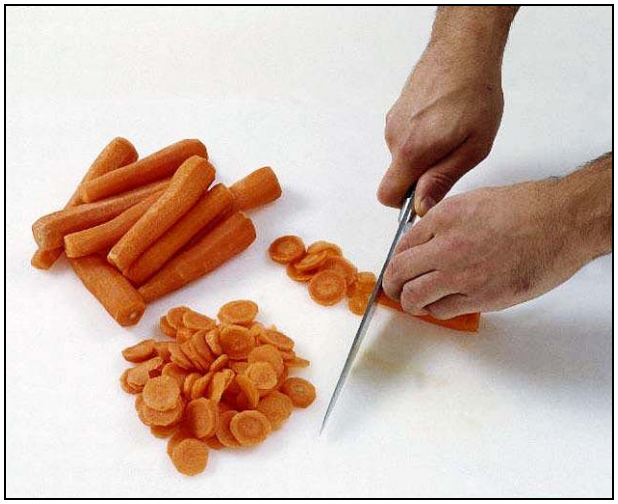
Hands peeling carrot over glass bowl of water with peelings in

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- Carrots and Parsnips



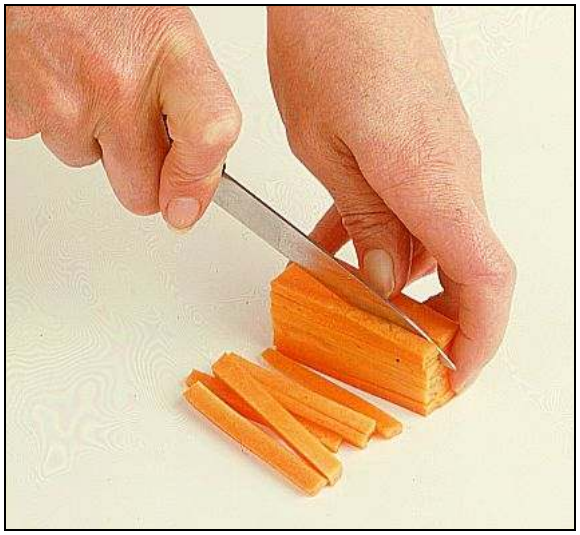
Thin sticks of carrots being cut using a chef's knife.



Round slices being cut from a carrot using a chef's knife.

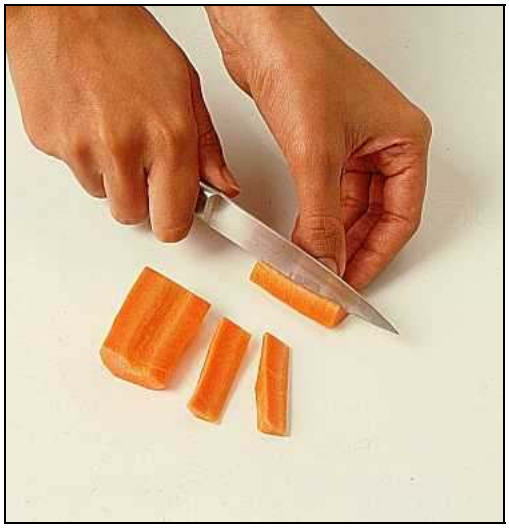


Cutting carrot into parallel slices

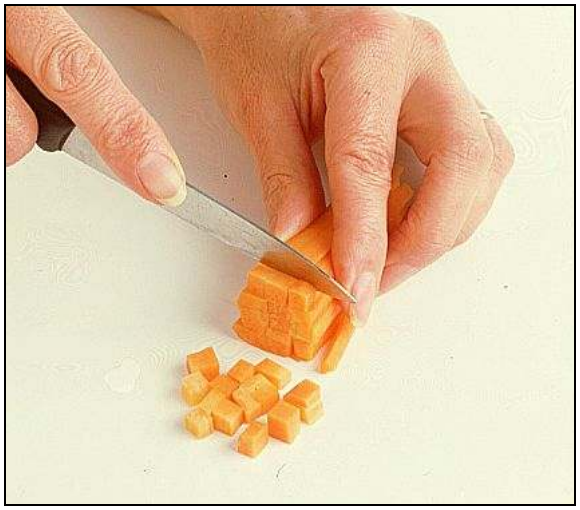


Cutting carrot into sticks

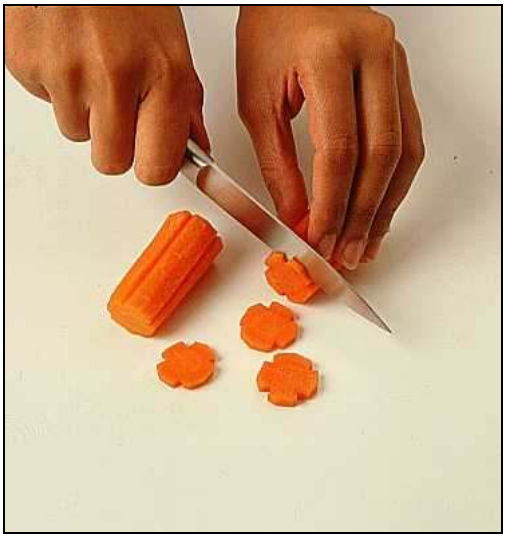
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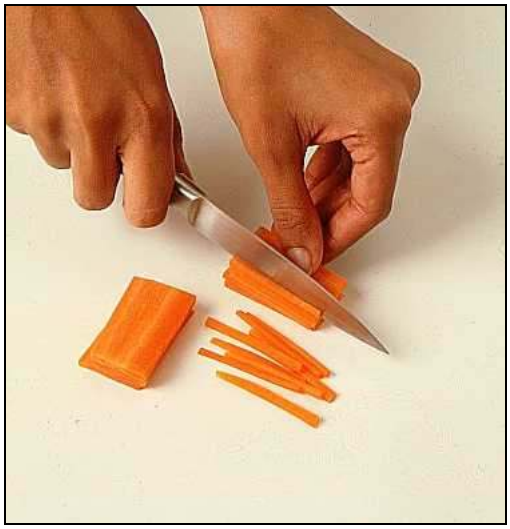
Cutting sticks of carrot



Dicing a carrot



Cutting carrot flowers



Cutting carrot into julienne strips

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Dicing a carrot step-1



Dicing a carrot step-2



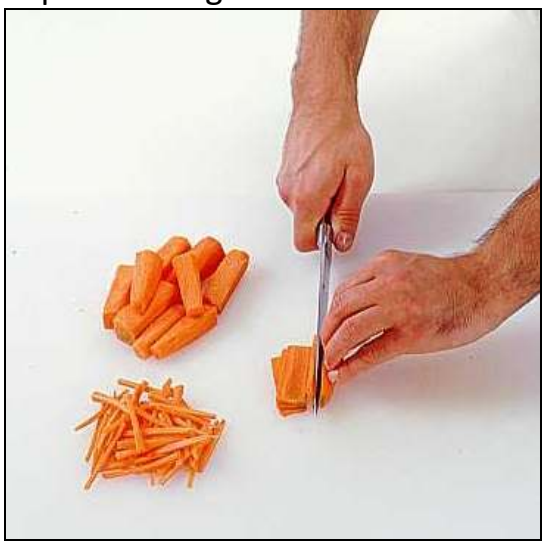
Dicing a carrot step-3



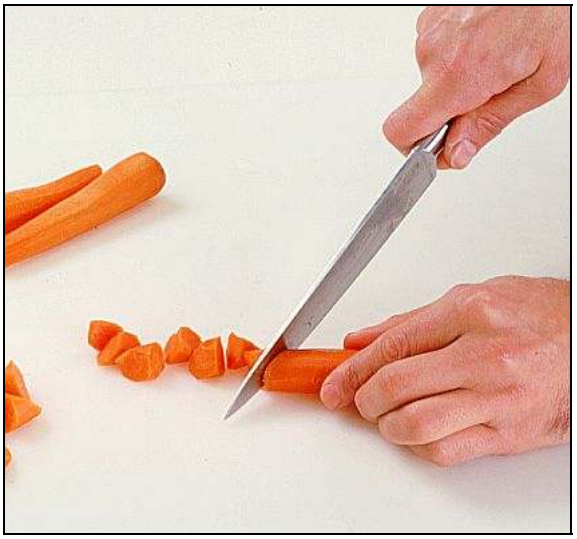
Carrots being Sliced with Knife

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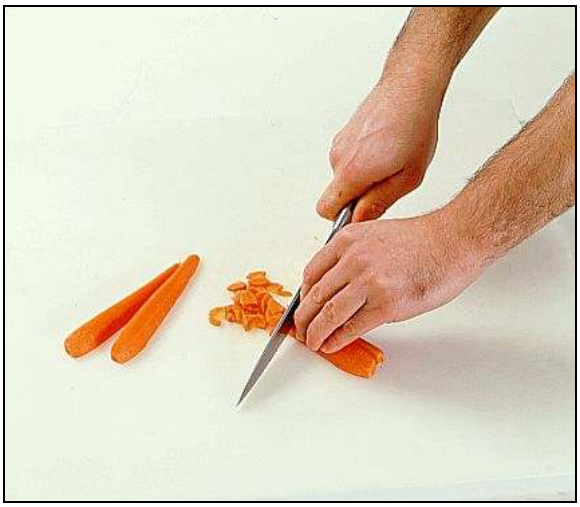
- Prepare the ingredients



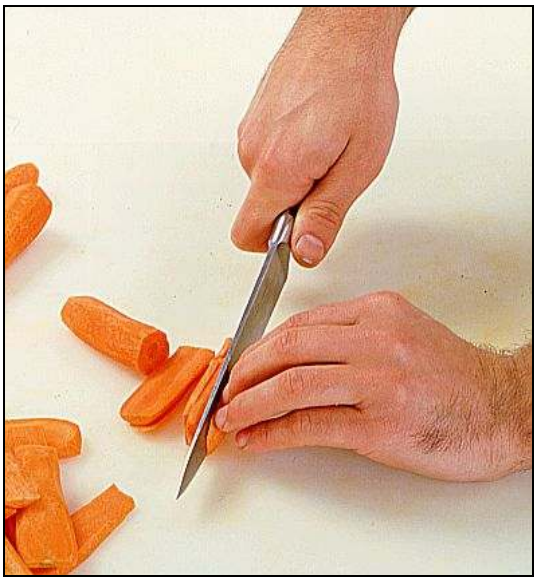
Carrots Sliced Thinly with Knife



Cutting Carrots into Slices

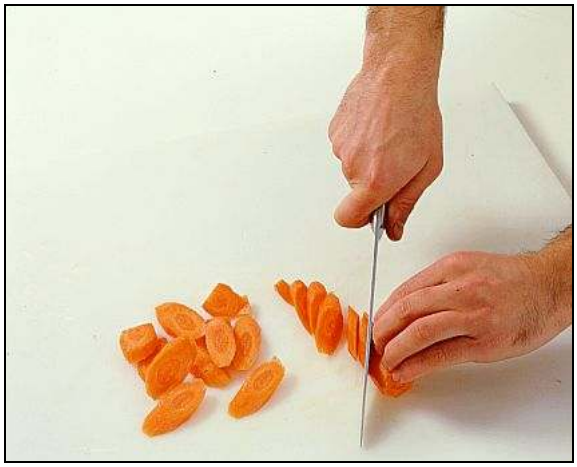


Chopping sliced carrot into quarters



Slicing Carrots Lengthwise

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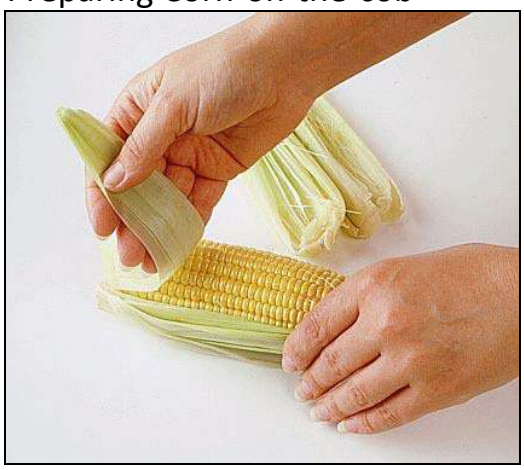


Diagonally slicing carrot

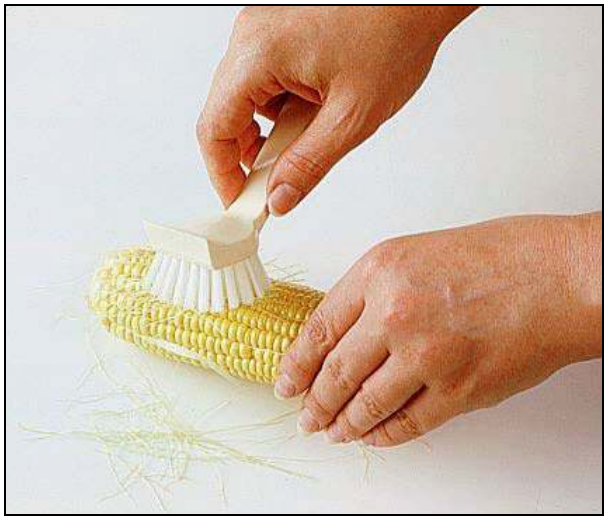


Carrots being Grated

- Preparing Corn-on-the-cob



Removing outer husks from corn cobs.



Scrubbing corn with brush



Removing the kernels from the corn cob with chef's knife.

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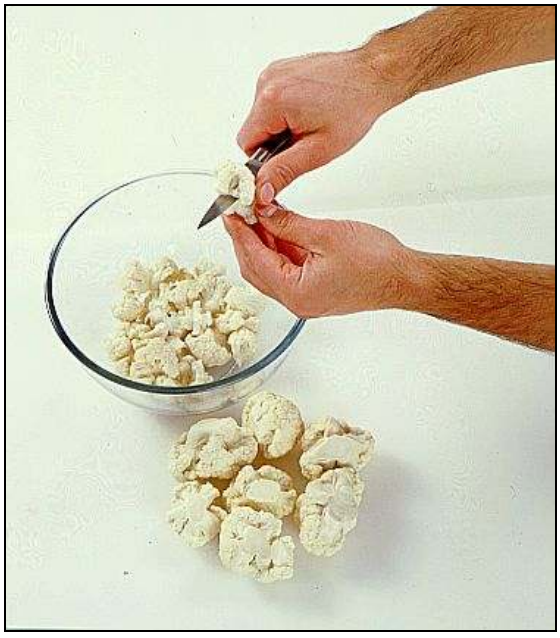
- Preparing Cauliflower



Cauliflower Florets being cut



Cutting Cauliflower Florets away from Stalks.



Cutting up cauliflower

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- Preparing Celeriac



Peeling Celeriac with Small Knife.



Celeriac Peeled with Knife

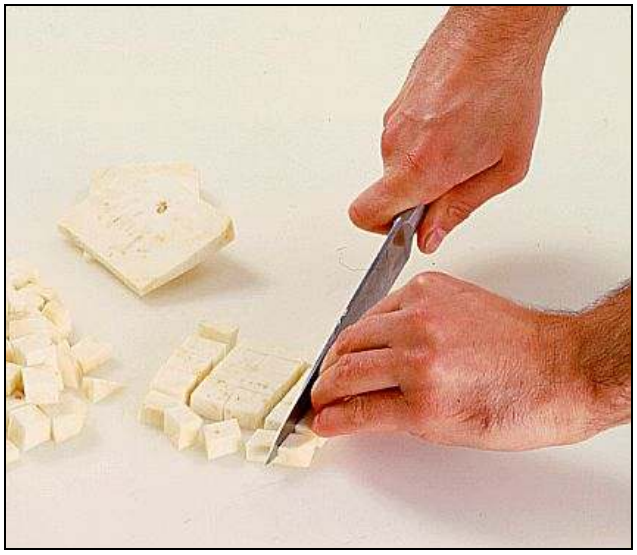


Celeriac cut in Thin Slices



Celeriac cut into Thin Strips

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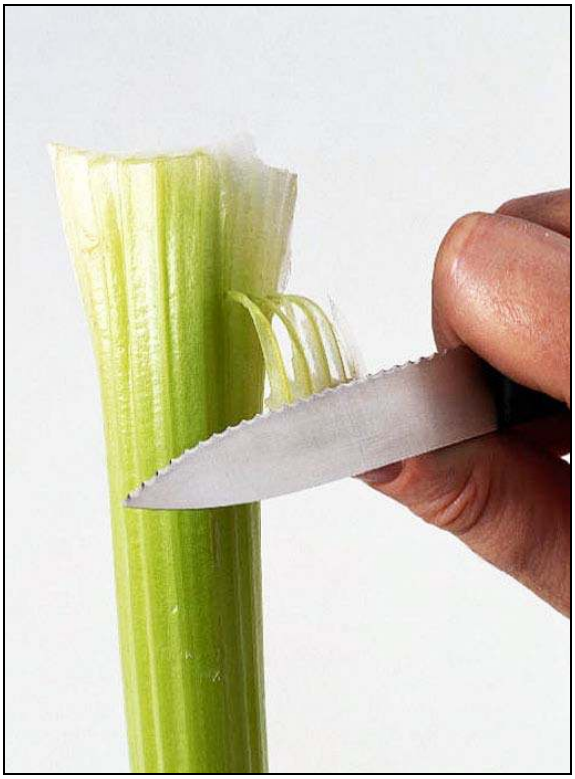


Dicing Celeriac.

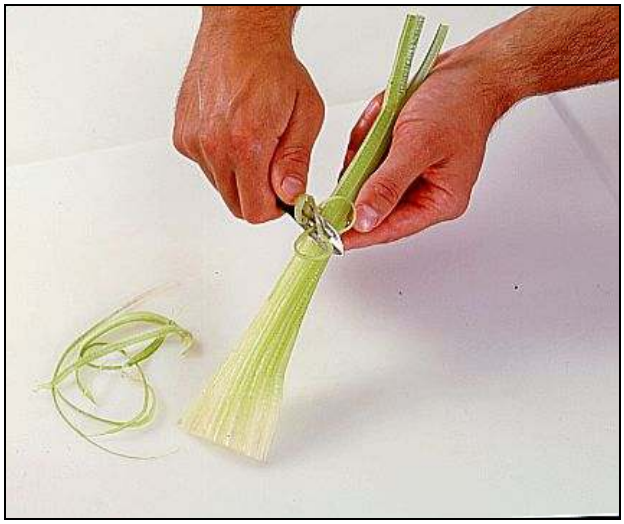
- Preparing Celery



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Step 1, the root end being cut off a bunch of celery.



Hands peeling celery stick, pile of celery shavings



Cutting celery base in half, other chopped celery in shot



Celery being chopped up.

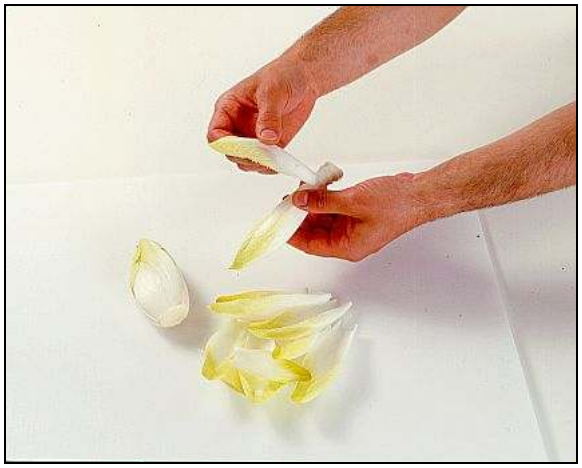
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- Braise Chicory

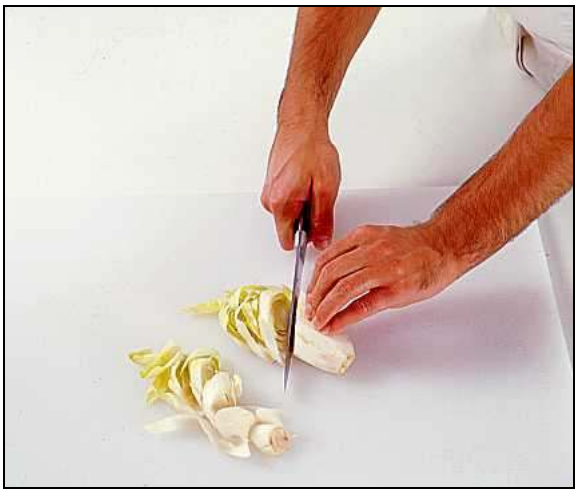
خطأ!



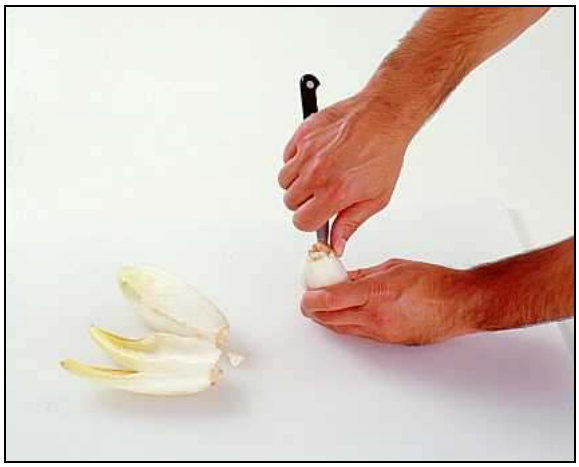
Trimming Chicory



Stripping chicory leaves off stalk



Chicory being cut into Slices



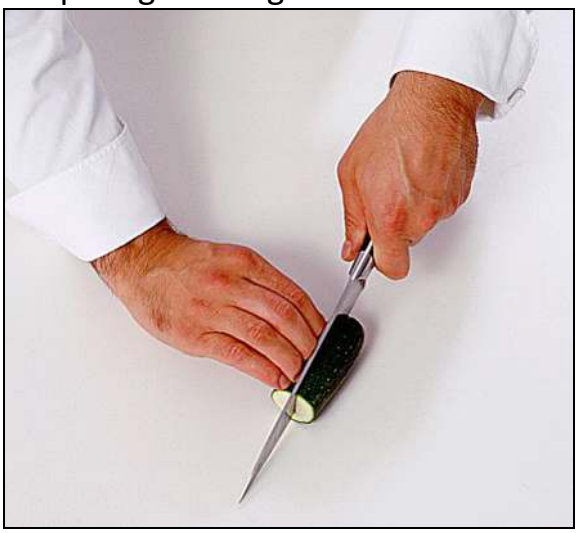
Chicory being Cored and Cleaned



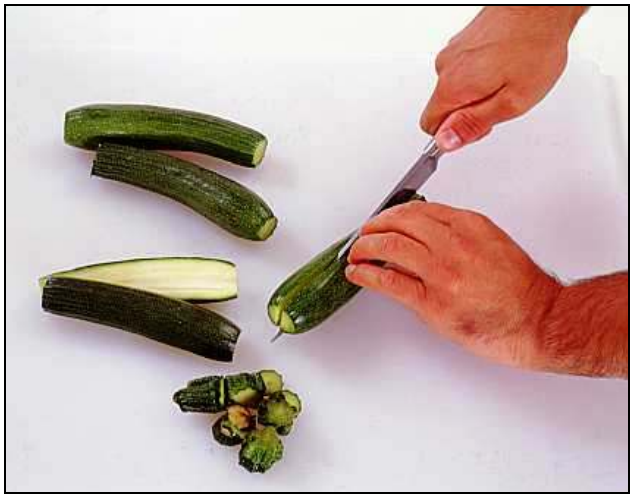
Hollowing Chicory Stalks with Small Knife.

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- Preparing a courgette or Zucchini



Halving a courgette.

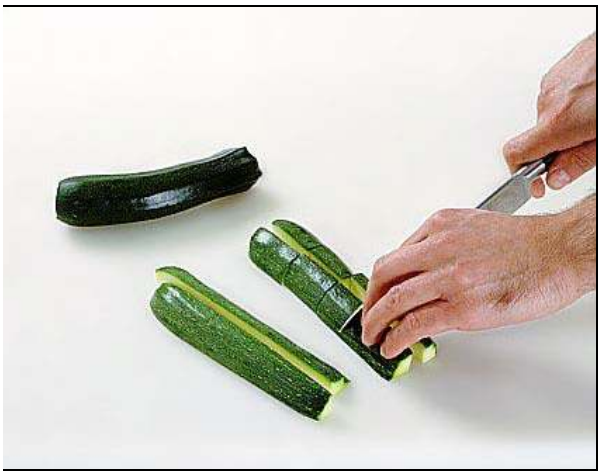


Courgette being Sliced in Half.



Chopping Courgette

خطأ!



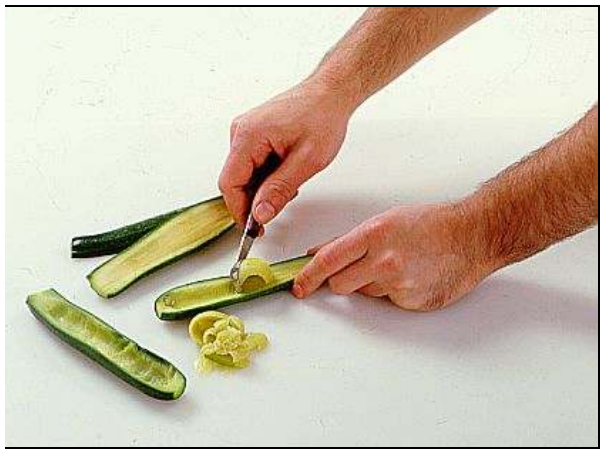
Zucchini flesh being diced up

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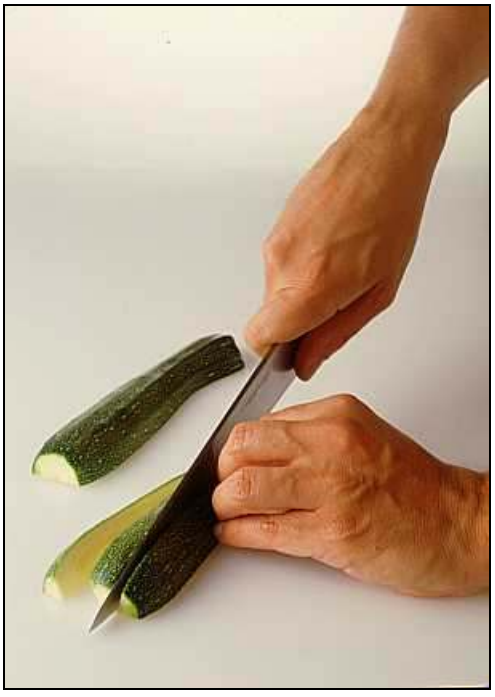


Peeling a ribbon from a courgette

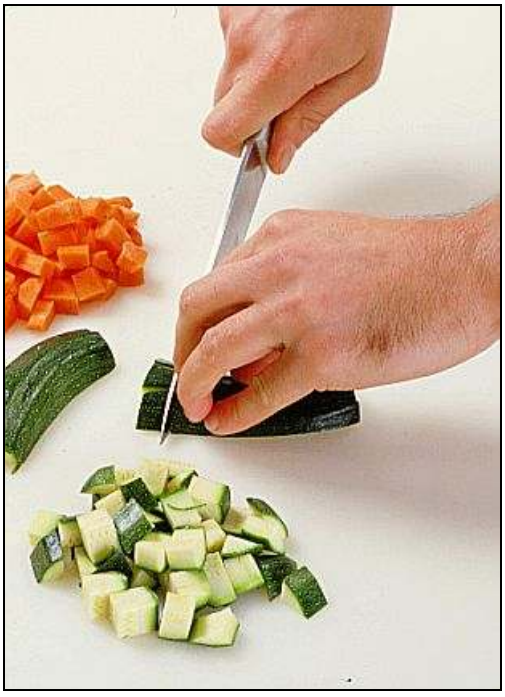
خطأ!



Scooping Flesh from Courgette Halves with Melon Baller.



Cutting a courgette Step 1



Dicing Courgette

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Grating courgette



Cutting a courgette Step 2

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The flesh being scooped out from the centre of a zucchini



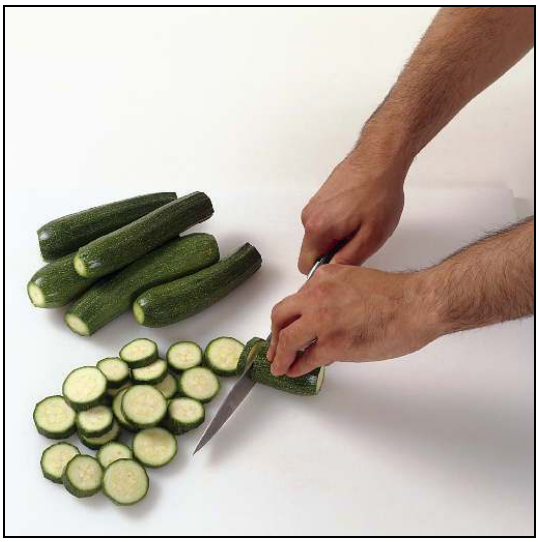
Cutting courgette skin into thin strips



Trimming and cutting courgettes



Trim the courgettes and cut them into 5cm pieces





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Cut the slices of peel lengthwise

Hand model cutting courgettes into small slices.

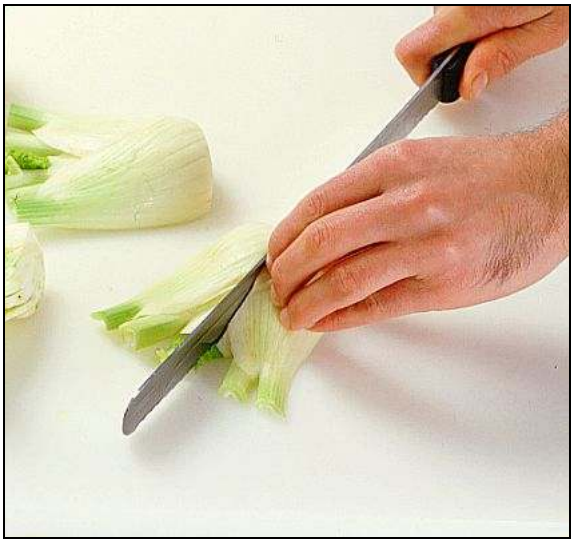


Hand model chopping the cooled courgettes.

- Preparing Fennel



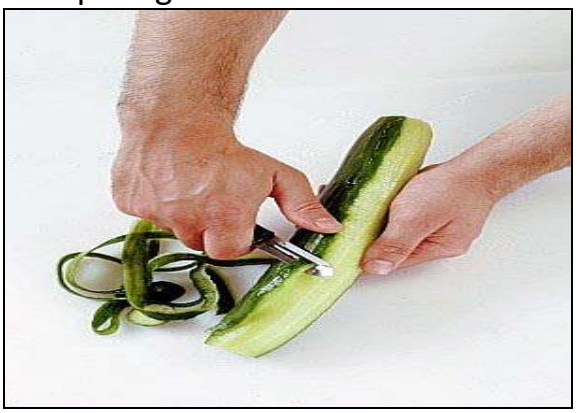
Trimming fennel bulbs



Slicing Fennel Bulbs lengthways into quarters.

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- Preparing cucumber



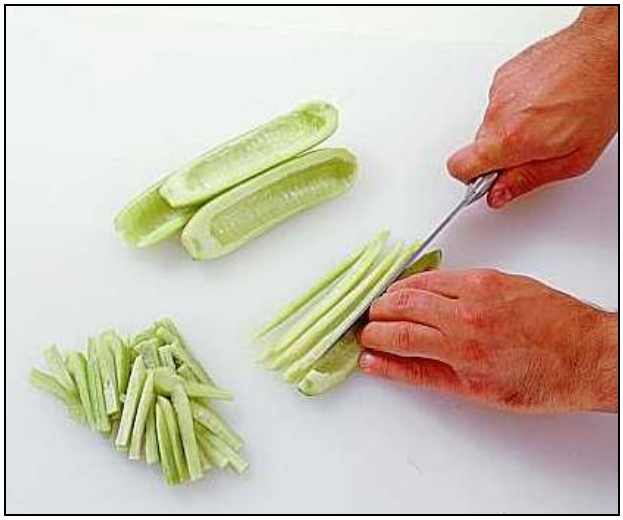
Hand model peeling a cucumber with a peeler.



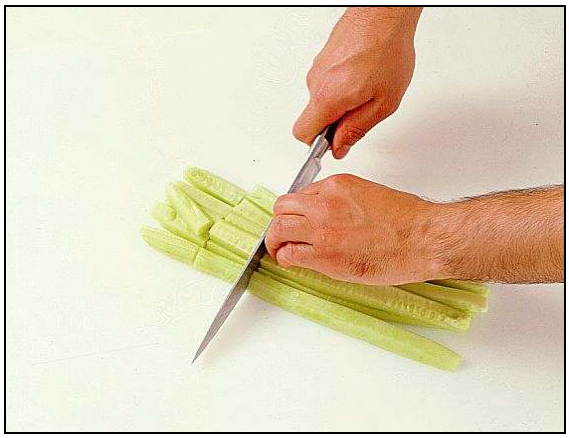
.Cucumbers being Seeded



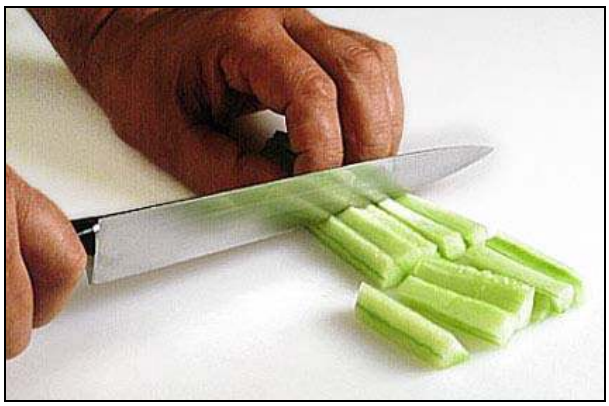
Cucumber being Chopped into Chunks



Cucumbers being Cut into Thin Strips



Hand model cutting strips of cucumber with a knife.

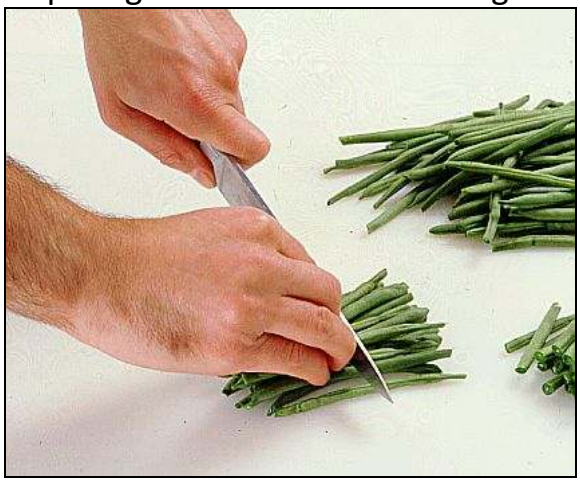


After cutting a peeled cucumber in half lengthwise, using a knife, cut them in several lengthwise strips,

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then cut across

- Preparing Green Beans And Mange tout



Bundles of French Beans being Cut in Half.



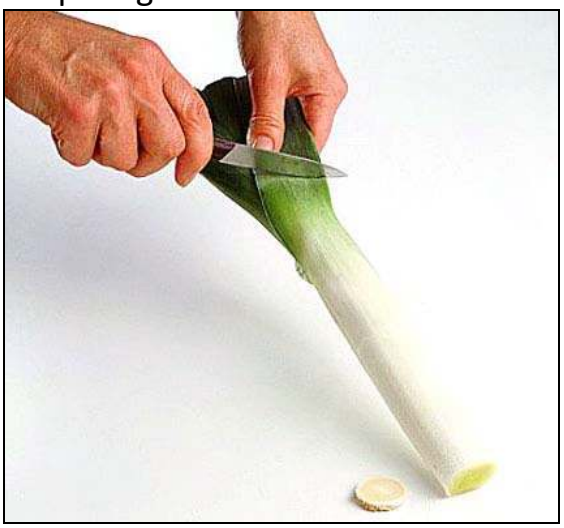
Snapping Ends away from French Beans.



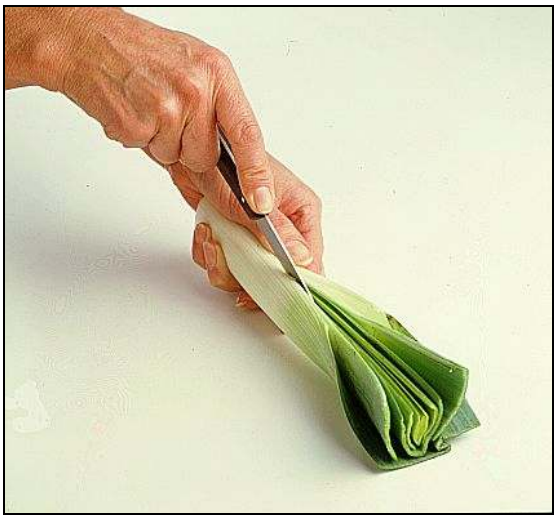
Trimming Mange tout from pile of Mange tout.

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- Preparing a Leeks



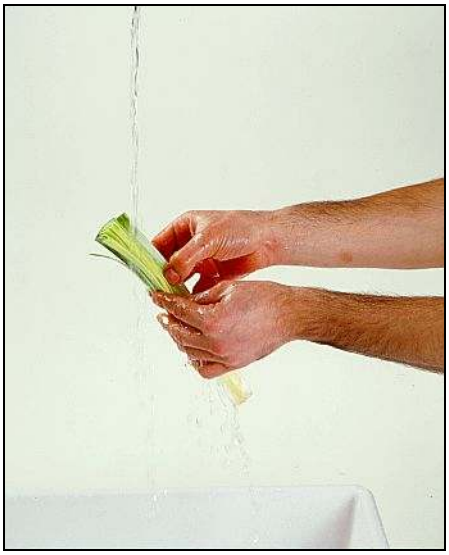
Trimming the leaves



Slitting leek in half

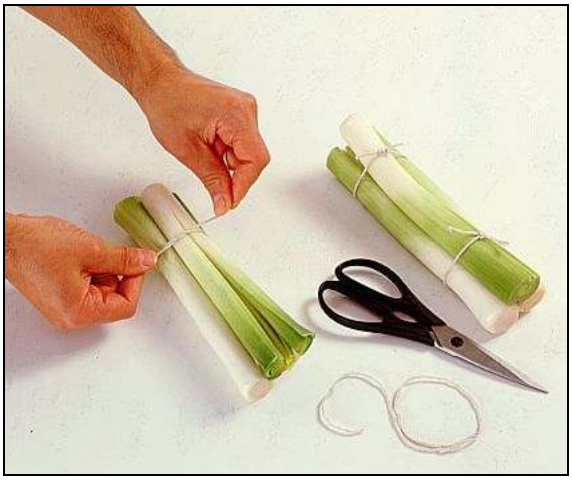


Cutting off leek tops.



Cutting off leek tops.

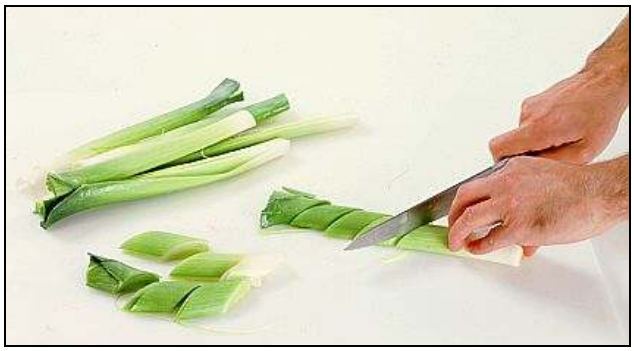
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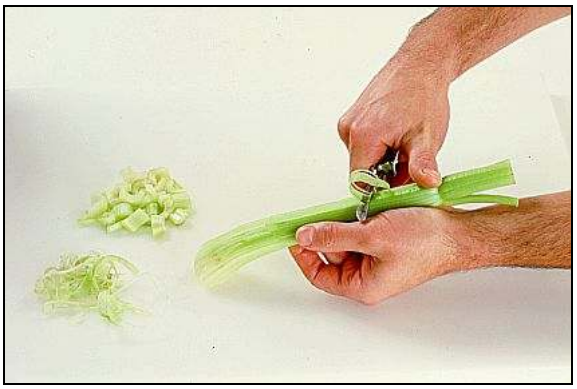
Hands tying up bunch of leeks with string



Hands chopping bunch of leeks tied up with string



Slicing Leeks Diagonally



Peeling Celery with Vegetable Peeler.



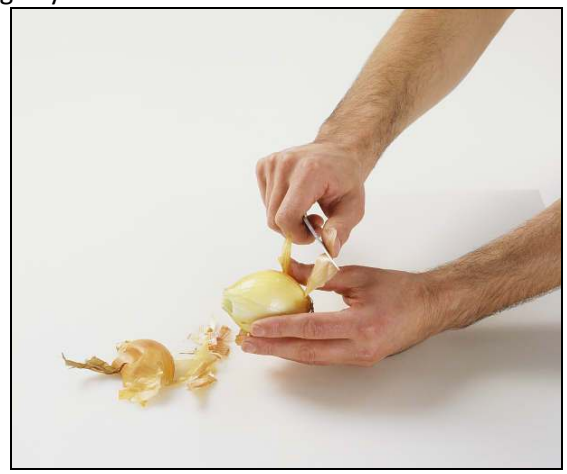
Leeks being cut



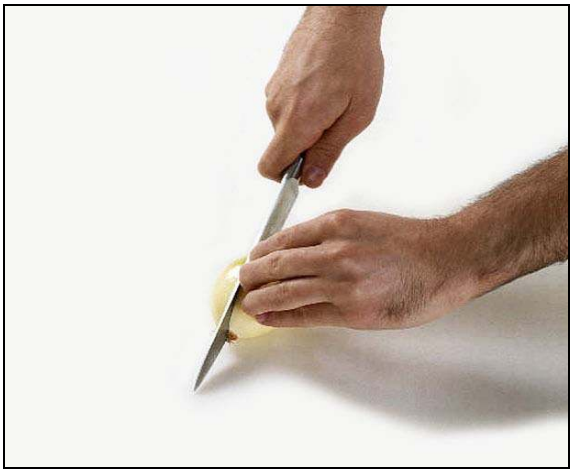
Cutting leek halves into short lengths

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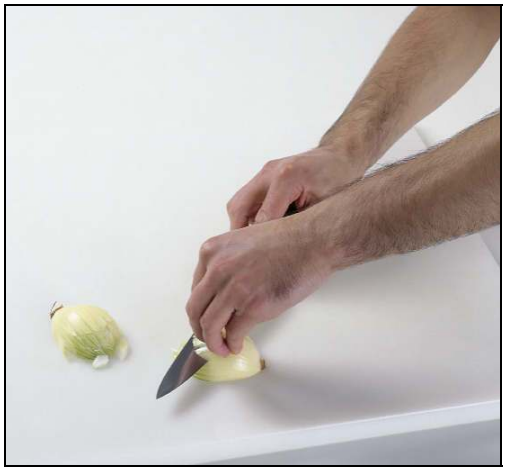
- Preparing Dry Onion



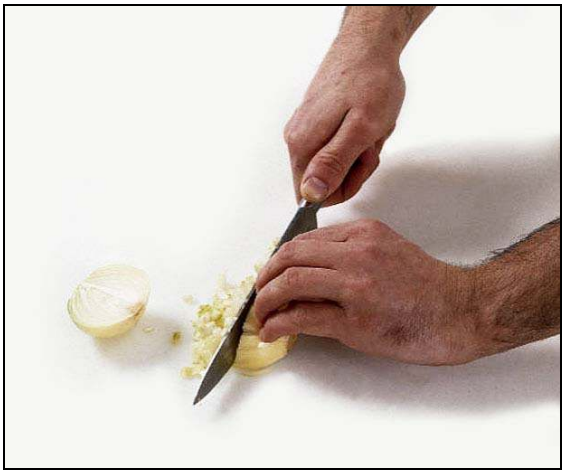
Onion being peeled with a knife, side view



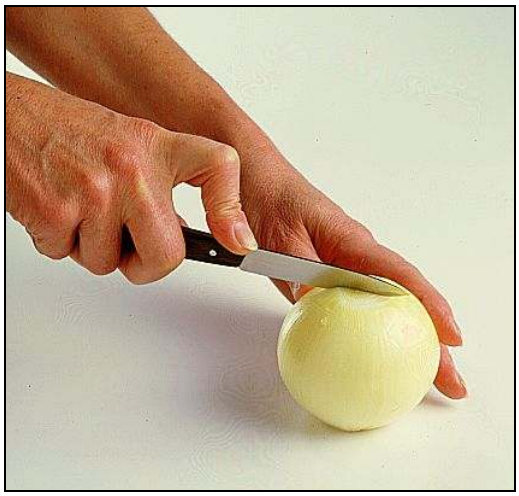
Onions 2, an onion being cut lengthwise using a chef's knife.

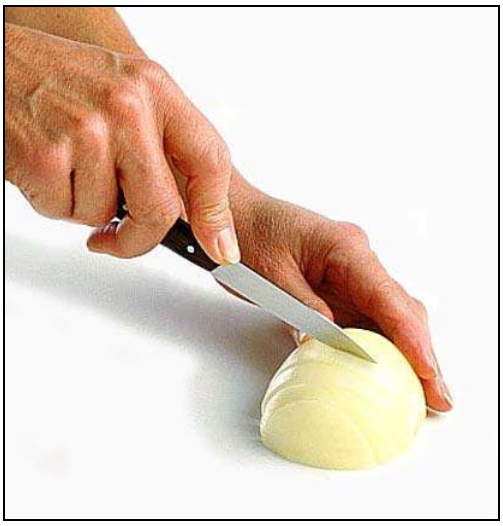


Onions 3, horizontal cuts being made through the onion stopping short of the root.



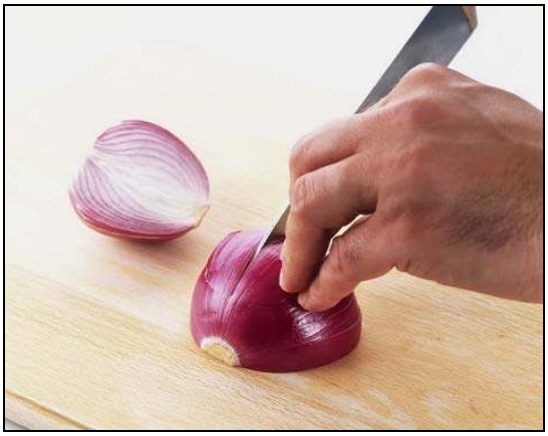
Onions 4, an onion being sliced crosswise to dice it.





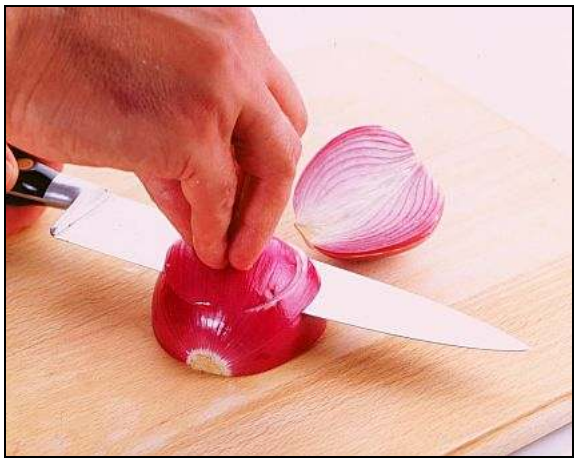
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1 - Cutting an onion in half with a small knife



Cutting a red onion horizontally towards the root end, using a sharp knife.

2 - Cutting onion along its markings



Slicing a red onion, already cut in half, using a sharp knife.



Chopping an onion step-1



Chopping an onion step-٢

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Onion being Grated into Bowl



Chopping onions into slices

- Preparing Green, Red, Yellow Pepper



Cut the pepper in half. Pull or cut out the stalk and core. Tap each half, cut-side down, to dislodge the .seeds

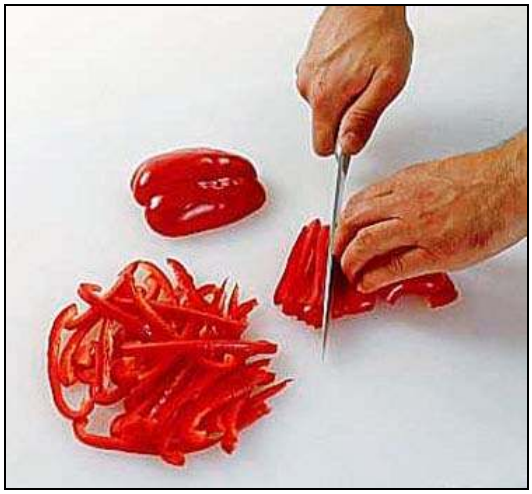


Scraping out seeds from green pepper.

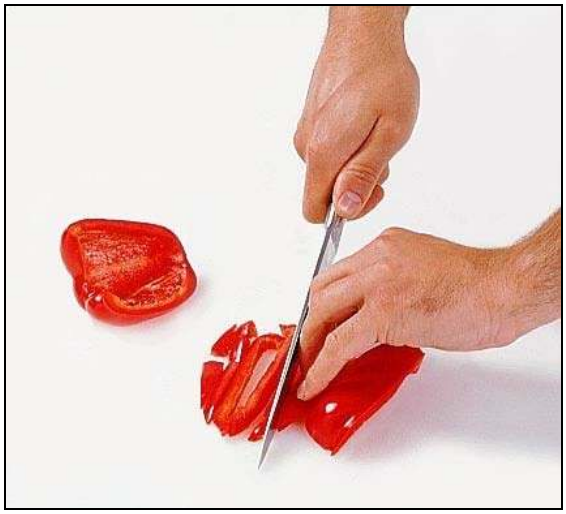
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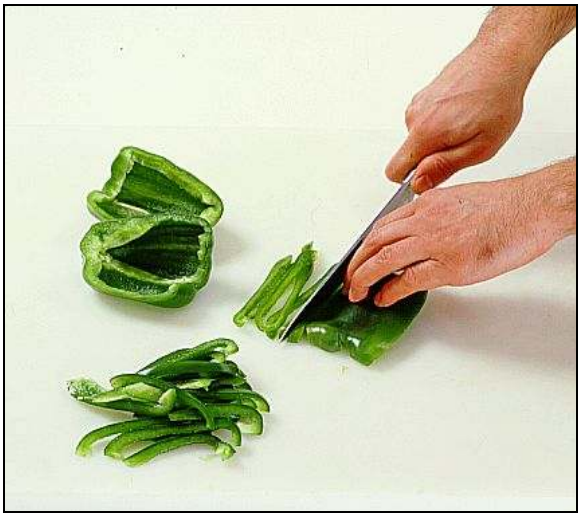
Chopping Green pepper



Pepper cut into Strips



Cutting peppers in half



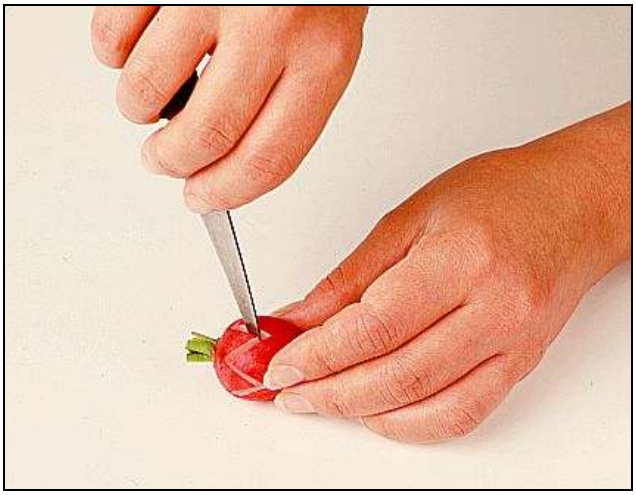
Slicing Green Pepper and small pile of pepper Slices.

- Preparing Red Radish

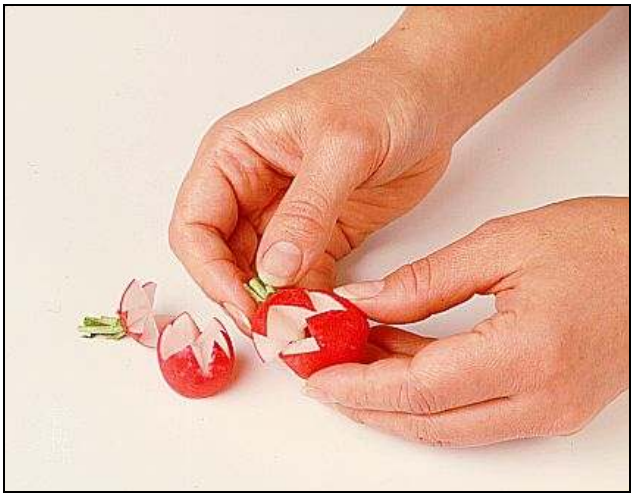
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Radishes being Trimmed with Knife



Cutting into radish to make radish flower.



Removing top from radish flower.

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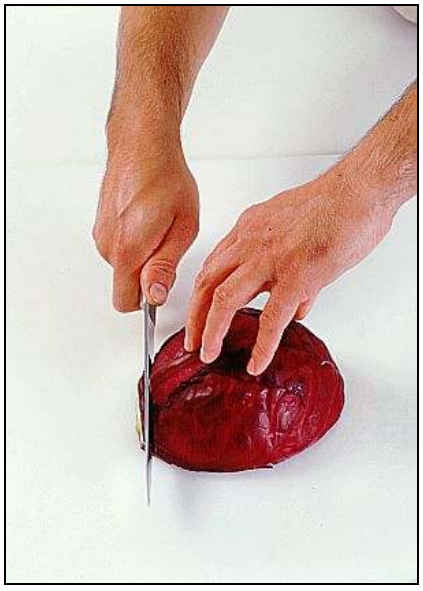


Slicing radishes

- Preparing Red Cabbage

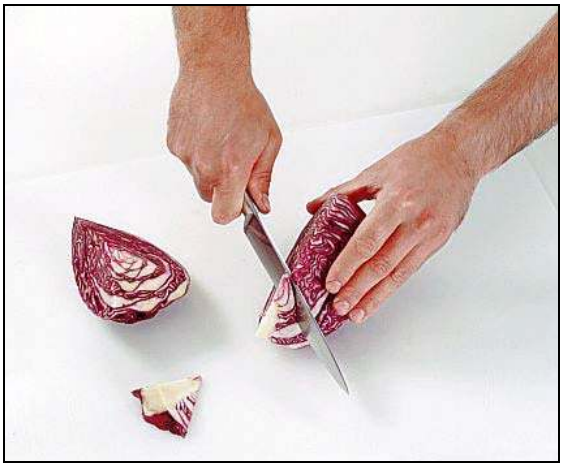


Outer Leaves of Radicchio being Torn Away



Slicing off end of red cabbage

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Chopping core off section of red cabbage



Finely shredding red cabbage



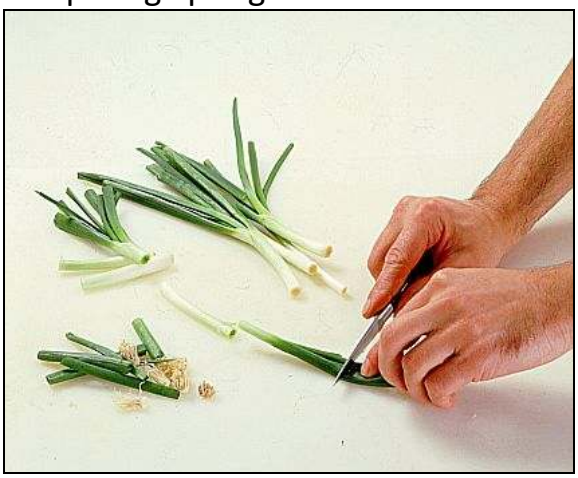
Red Cabbage Sliced with Knife

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- Preparing a Spinach Leaves

	
Stalks Removes from Spinach Leaves	Spinach Leaves Dried and Put into Bowl

- Preparing Spring Onion



Trimming and Cutting Spring Onions.



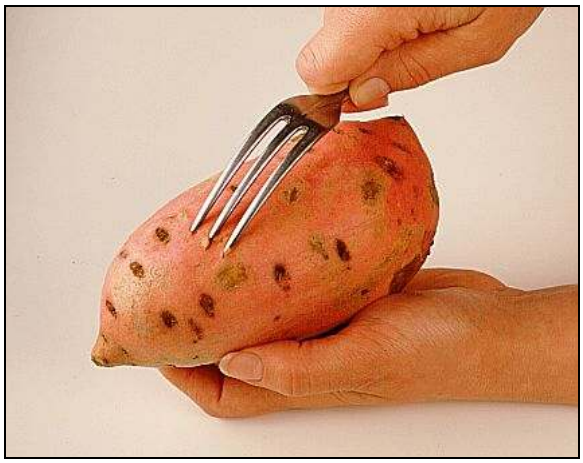
Spring onions being sliced up.

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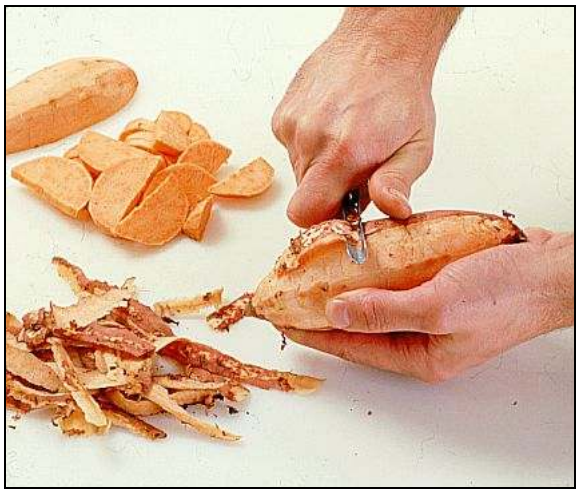


Chopping up spring onions

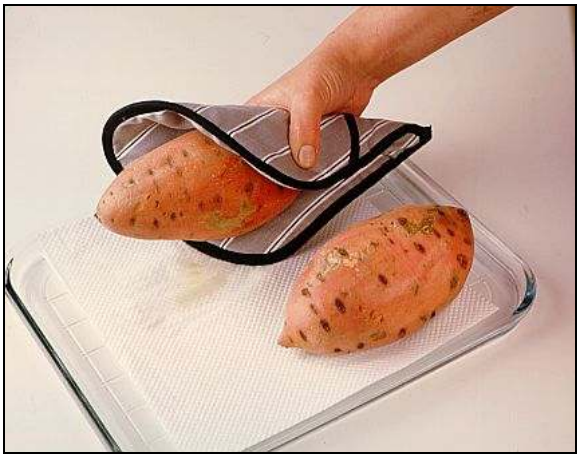
- Twice baked Sweet Potatoes



A fork piercing the skin of a sweet potato.



Peeling Sweet Potatoes with Sliced sweet potatoes.





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A sweet potato being sliced down the middle.

An oven glove being used to turn a sweet potato half way through its cooking.



The flesh being scooped out of cooked sweet potatoes.

- Preparing a Turnip



Peeling Turnips with Vegetable Peeler.



Trimming the ends off turnips

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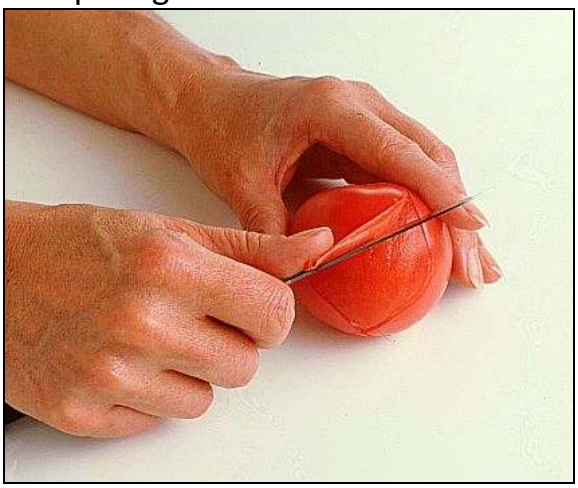
Hand model trimming off the sharp edges of peeled turnips



Cutting up turnips

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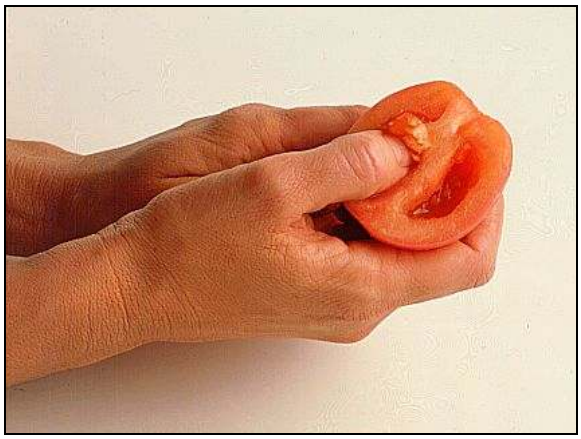
- Preparing Tomato



Peeling a tomato using a knife



View of how to Skin Tomatoes



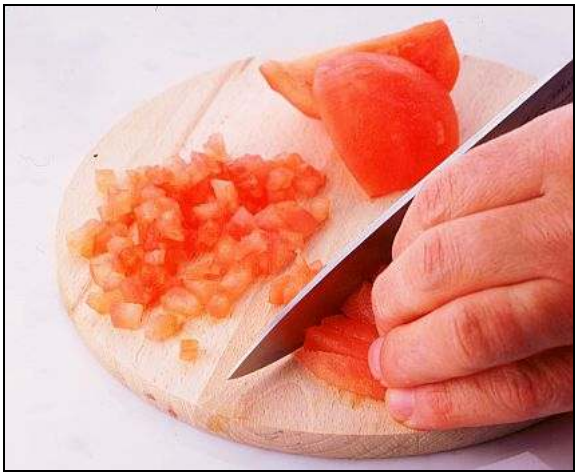
View of Deseeding Tomato Technique



Seeding a tomato after cutting it in half and pushing out the seeds with your fingertip.



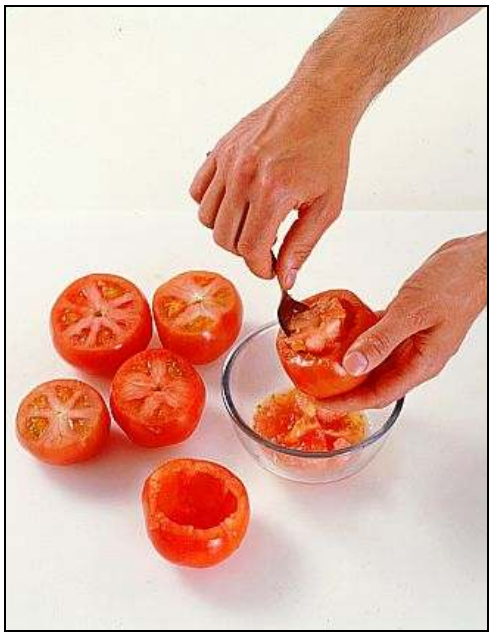
Chopping Tomato Flesh with Large Knife.



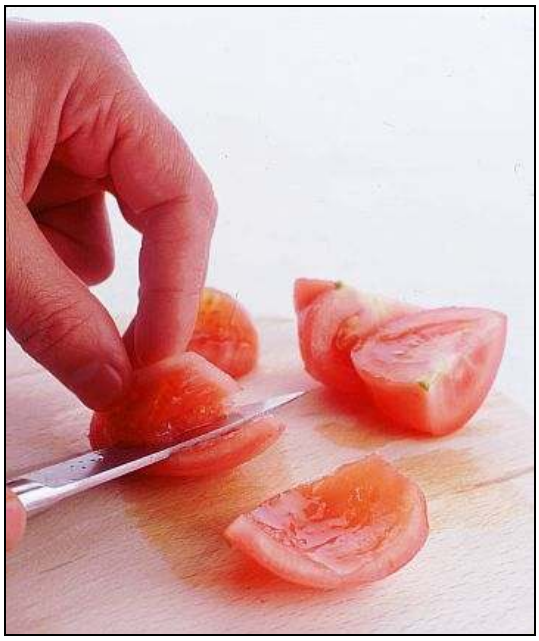
Cut the tomato into thin, even slices. Stack the slices a few at a time. Cut the stack lengthways to

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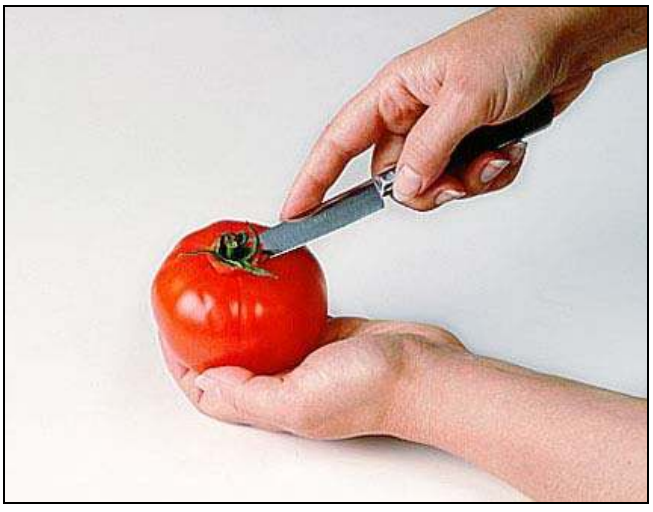
make equal-sized strips. Cut across to make an even-sized dice



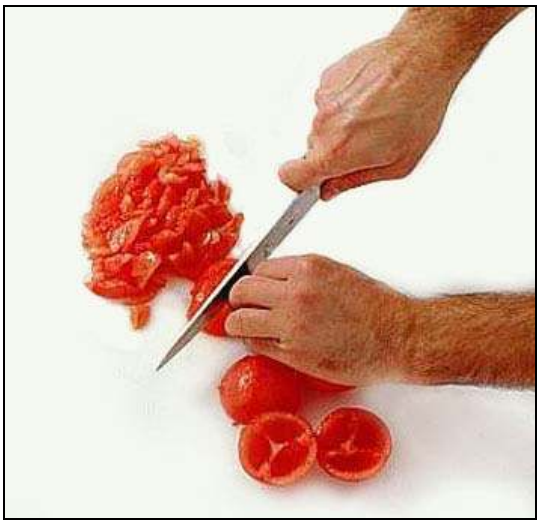
Scooping out tomatoes with a spoon



Cut tomatoes into quarters. With a sharp knife, cut out seeds and core

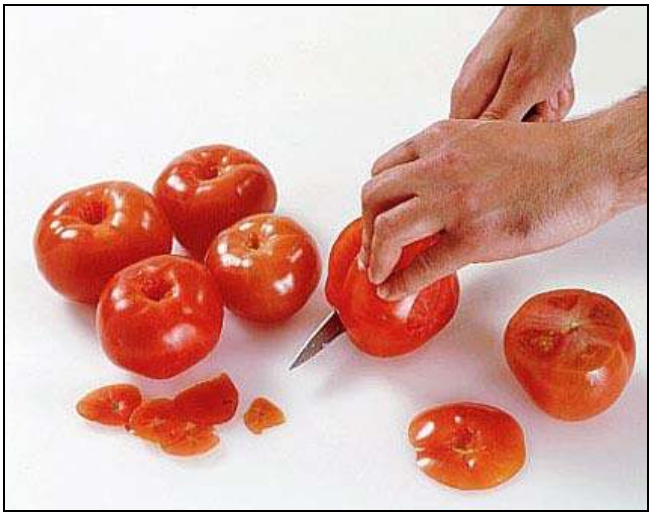


Removing stem from tomato with knife

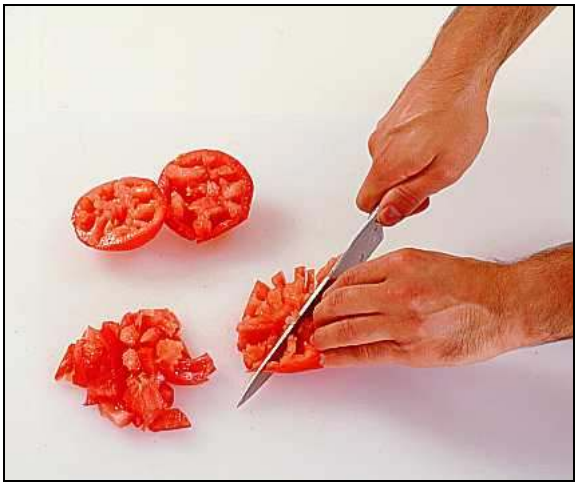


Cutting up tomatoes

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Slicing top off large tomato

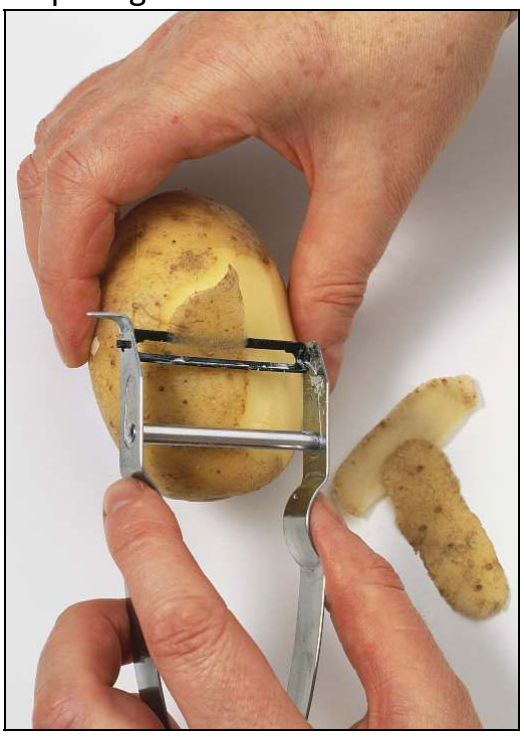


Tomatoes being cut into Cubes

- Preparing Potatoes



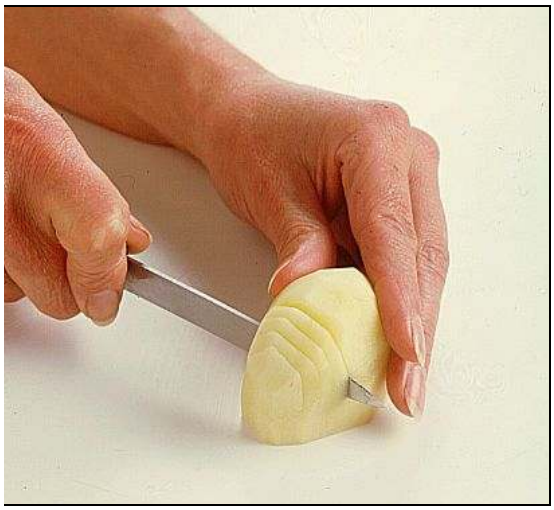
Peeling potatoes



Potato's skin being removed with a potato peeler.

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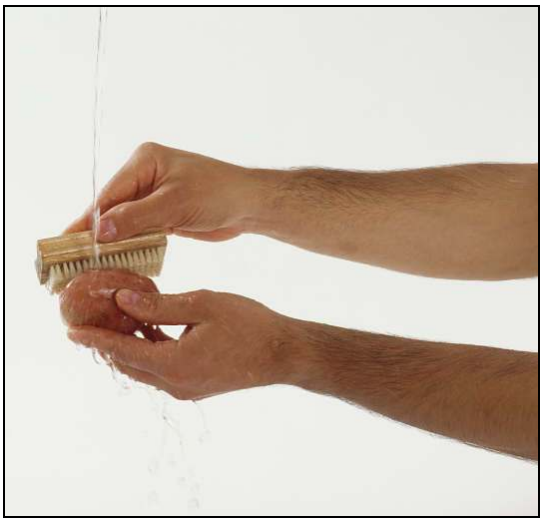
خطأ!



Cutting slits into a potato

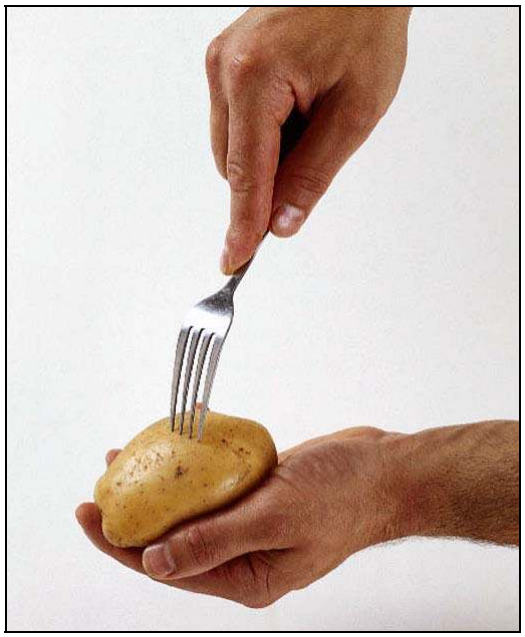


Slicing potatoes with a vegetable peeler.



Baking potatoes.

Potato being scrubbed with a brush under running water, side view.

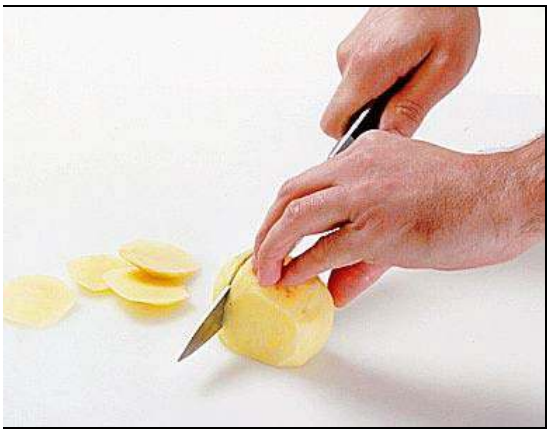


Baking potatoes.

a potato being pricked with a fork.

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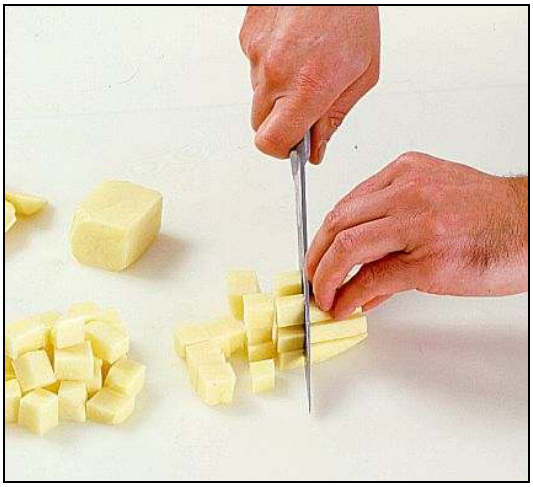
خطأ!



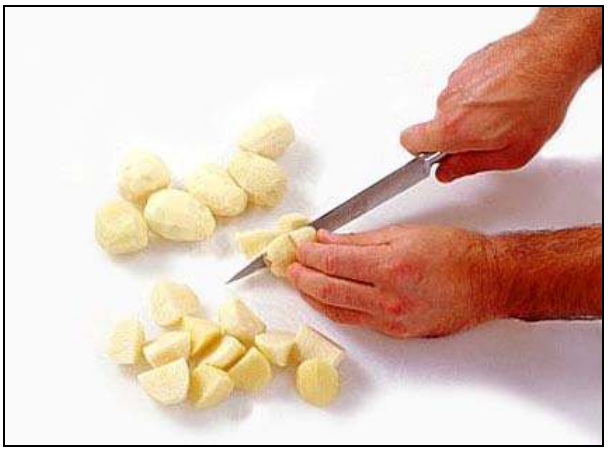
Slicing Peeled Potato.



re-Slicing stack of Potato Slices.



Dicing Peeled Potato.



Cutting up potatoes with a knife

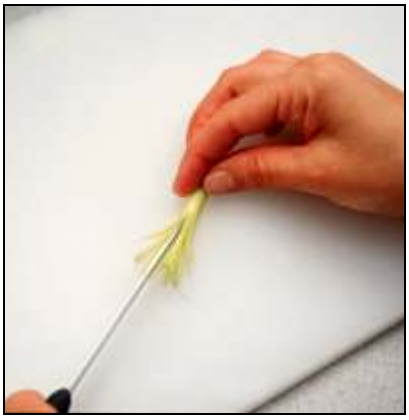
FRUITS AND VEGETABLES GARNISH

- Green Onion Curls

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Garnish with Green Onion Curl, or Celery Curl, as described below.



Cut to center of piece.



When cutting green onion, leave both the white and green top portions.



Matchstick/Julienne Turnips

Cut turnip lengthwise with utility knife



Celery Curls

Slice celery into thin slivers

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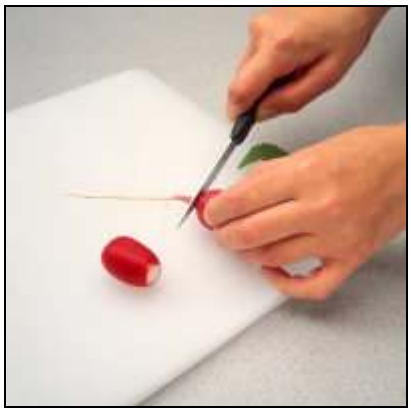
- Radish Fans



Garnish with Radish Fan



.Cut parallel slices into the radish
Don't slice all the way through

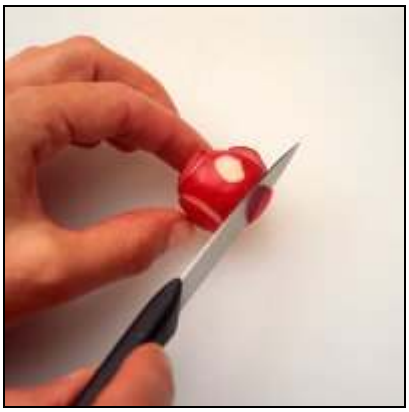


Cut bottom off radish

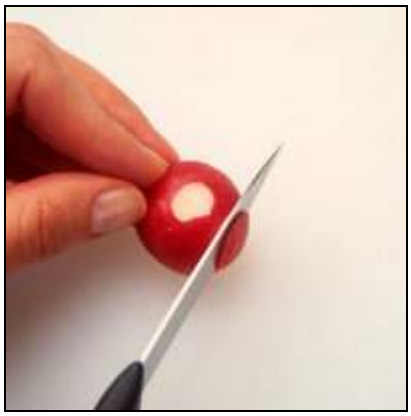
- Radish Rose



Garnish with Radish Roses.



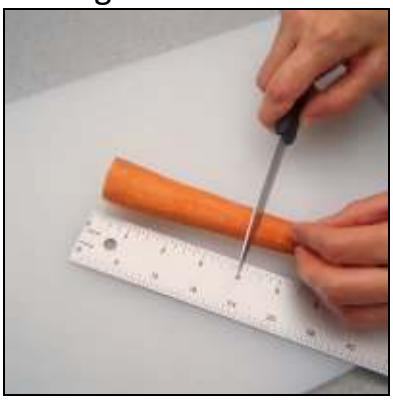
.Cut a vertical slice into the radish
Don't cut all the way through



Cut a thin slice from the radish

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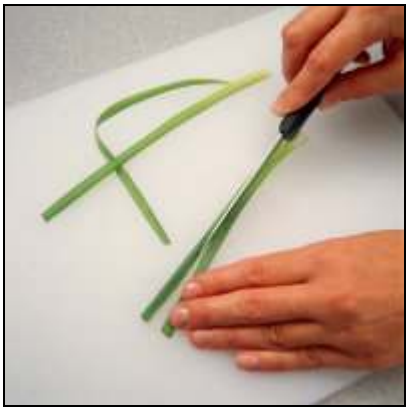
- Vegetable Ties



Cut carrots into 4-inch pieces



Add strips to boiling water



Cut tops lengthwise with a paring knife



Add carrot sticks to boiling water.



Cut into julienne sticks



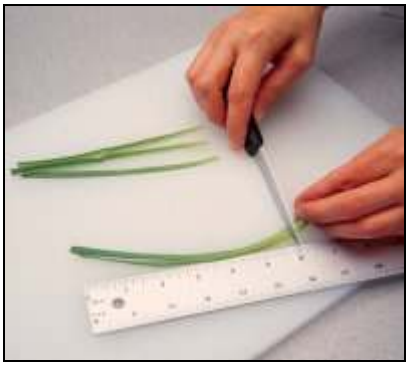
Cut carrot lengthwise.



Garnish with Vegetable Ties.



Tie strip around vegetable sticks



Cut lengthwise into six-inch strips

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- To make carrot curl garnishes



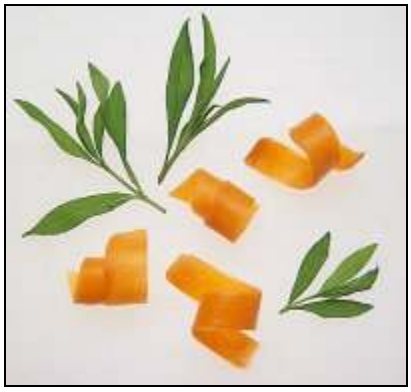
Roll up strips into curls



Cut paper-thin strips



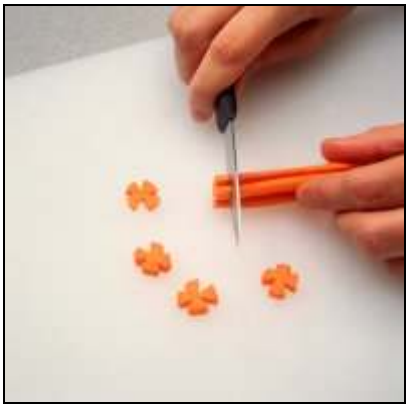
Cut off ends of carrot with paring knife



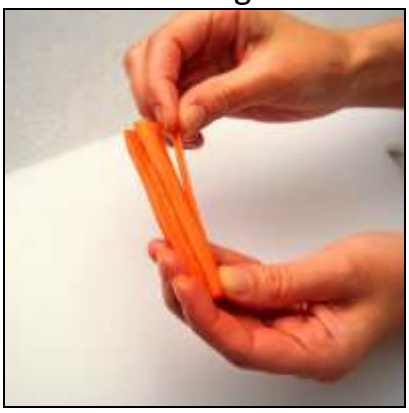
Garnish with Carrot Curls

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- To make carrot black-eyed Susan flower garnishes



Cut carrot halves crosswise



Lift out carrot wedge with tip of knife



Cut carrot in half crosswise



Garnish with Black-Eyed Susan Flowers

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- To make carrot daisy garnishes



Garnish with Carrot Daisies.



Cut out carrot core with a paring knife



Press down firmly and evenly

- To make carrot star garnishes



Cut a groove in the center of carrot



Repeat four more times



Cut a thin slice lengthwise

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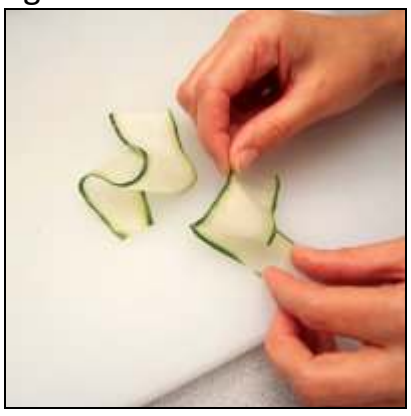
Garnish with Carrot Stars

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- To make cucumber ribbon garnishes



Garnish with Cucumber Ribbons



Gather into a ruffle



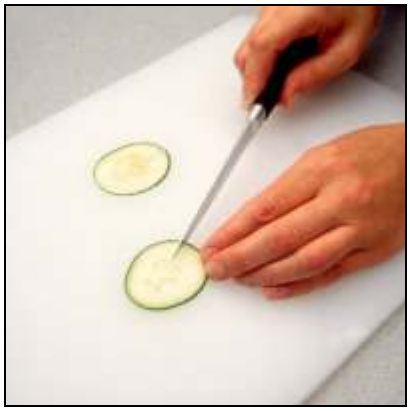
Cut thin strips from cucumber, leaving a line of green peel

- To make cucumber twist garnishes

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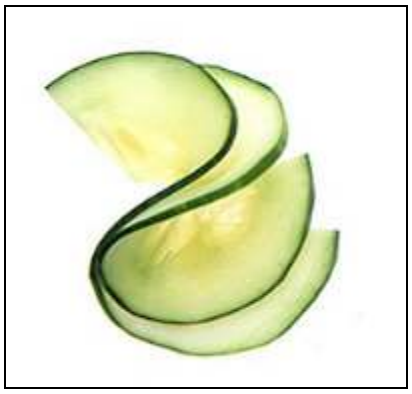
Diagonally cut cucumbers.



Cut slit through each slice.



Twist slice in opposite directions



Garnish with Cucumber Twists

- To make zucchini flower garnishes

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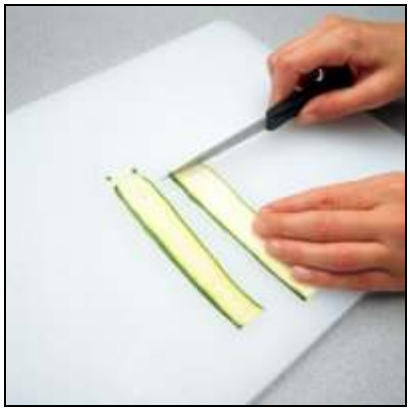
Cut off ends of zucchini with paring knife



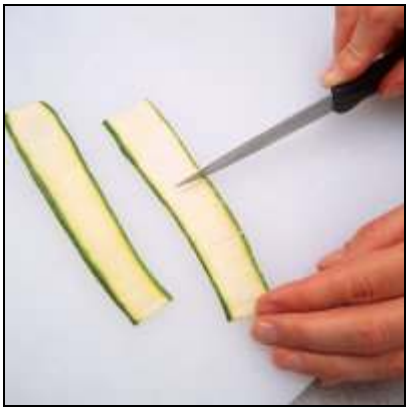
Peel thin strips, retaining the green lines



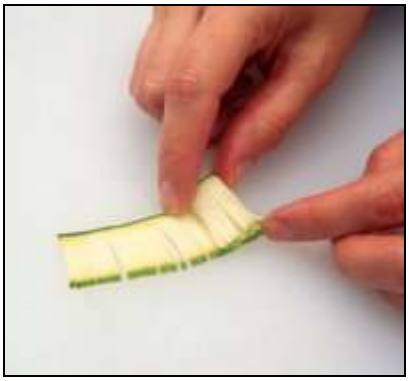
Turn zucchini and continue cutting



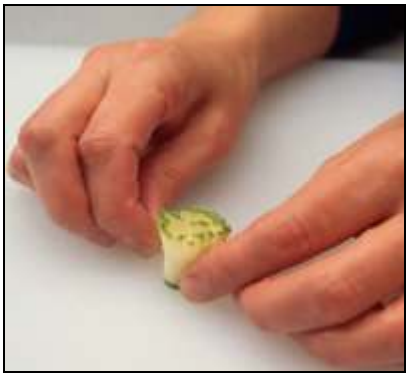
Cut off ends for an even edge



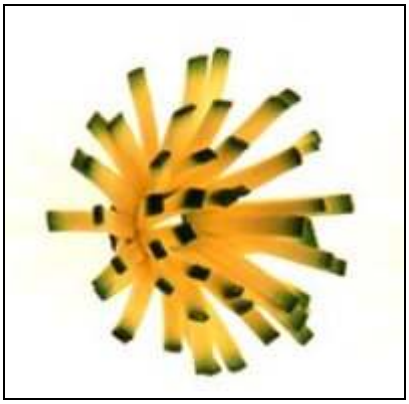
Make additional cuts in the zucchini



Roll up each slice.



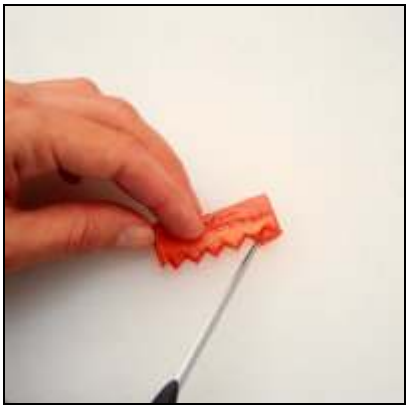
Insert a toothpick to secure rolls



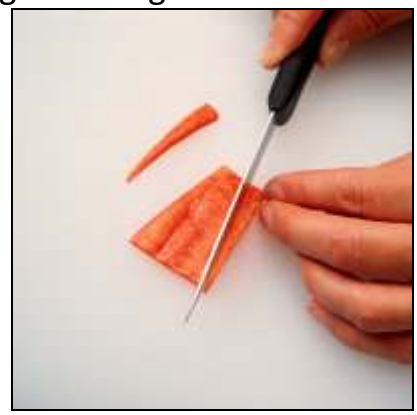
Garnish with Zucchini Flowers

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- To make hard cooked egg chicken garnishes



For comb, cut zigzag edge



Trim rectangle at an angle for tail



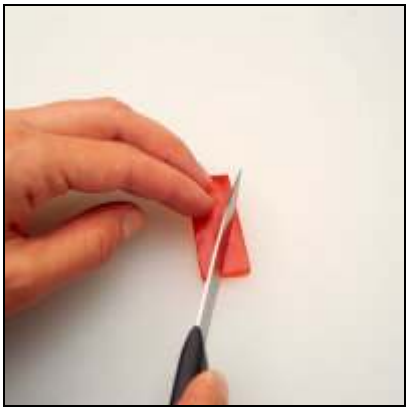
Cut a rectangle from the bell pepper



Insert tail peel side up.



Slice egg with paring knife



Cut a small triangle for beak



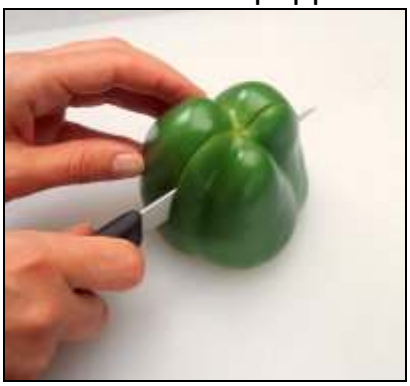
Garnish with hard cooked egg chicken



Cut a hole in front for beak

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- To make bell pepper ring garnishes



Slice pepper crosswise.

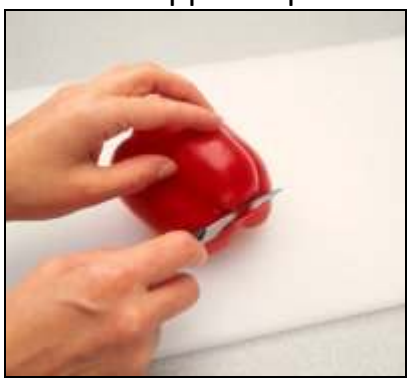


Pull stem from pepper



Cut top of pepper with a paring knife

- Bell Pepper Cup



Cut a thin slice of pepper bottom to create a flat surface, if needed



Remove and discard seeds



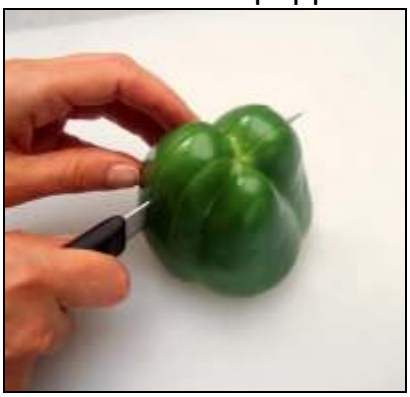
Cut around stem with a paring knife



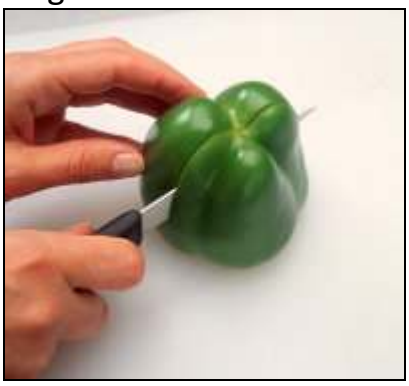
Garnish with Bell Pepper Cups

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- To make bell pepper basket garnishes



Make a second parallel cut to create the basket "handle



Cut down the middle of the pepper.



Break off stem if needed



Remove seeds and membrane with paring knife.



Remove pepper pieces on both sides



Make a horizontal cut



Garnish with Bell Pepper Basket

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- To make bell pepper triangle garnishes



Remove membrane and seeds.



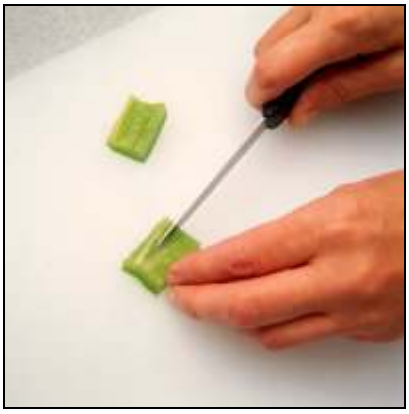
Cut a slice off each side of the pepper



Stand pepper upright



Bring both corners of rectangle to center



Cut down remaining length of rectangle



Cut each pepper slice according to a ruler



Garnish with Bell Pepper Triangles



Overlap ends of triangle to secure

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- To make a watermelon bowl garnish



Draw a pencil line around the watermelon using a glass edge.



Remove pulp with long-handled spoon.



Cut a thin piece of the bottom of watermelon



Garnish watermelon bowl



Cut along pencil lines

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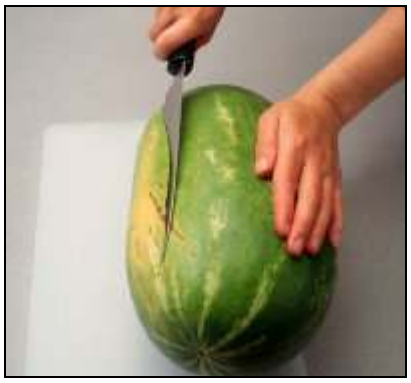
- Watermelon Basket



.Remove watermelon piece



Carefully cut along pencil lines



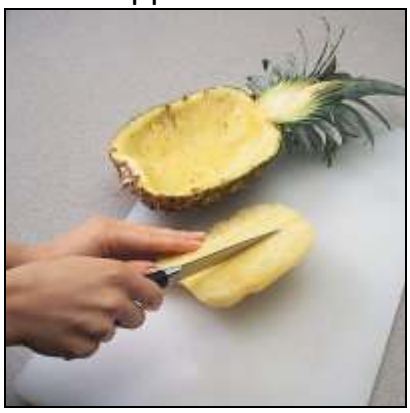
Cut off a thin piece of melon bottom



Garnish with Watermelon Basket

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- Pineapple Boats



Remove core from pineapple.



Remove fruit from shel



Cut pineapple in half



Chop pineapple pieces

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- Candied Citrus Peel



.Cut into thin strips



Remove white membrane by scraping cut side of peel.



Cut strips with a vegetable peeler.



Spoon peel strips into sieve



Simmer until translucent



Add peel strips to boiling mixture



Garnish with Candied Citrus Peels



Place strips on waxed paper

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- Citrus Knots



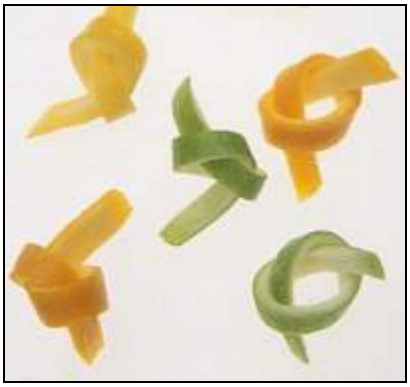
Cut strips carefully



Scrape peel to remove membrane.



Cut peel from fruit.



Garnish with finished Citrus Knots



Tie into a knot.

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- Citrus Loops



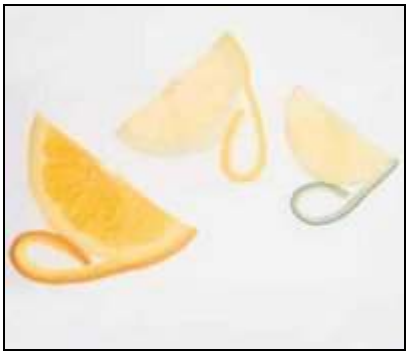
Curl peel under itself.



Leave a part of the peel attached to the fruit



Cut citrus lengthwise into slices.



Garnish with Citrus Loops.

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- Scored Citrus Slices



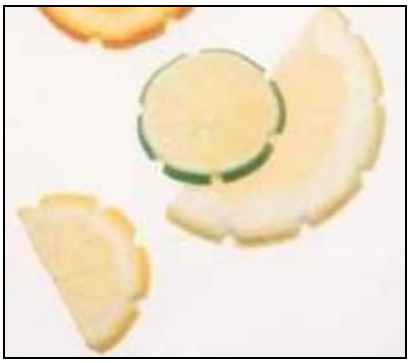
Slice crosswise



Cut grooves around the entire fruit



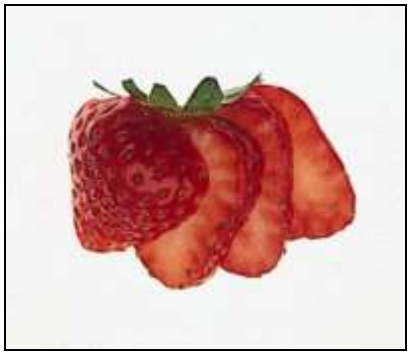
Cut a shallow groove into peel



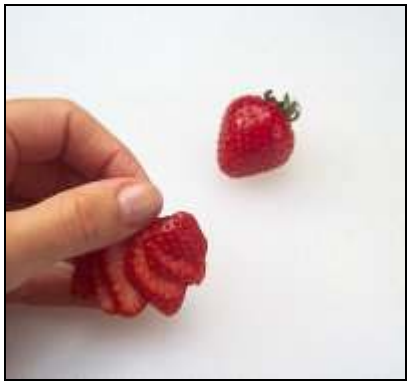
Garnish with Scored Citrus Slices.

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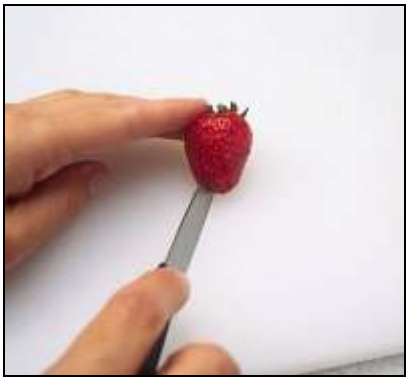
- To make strawberry fan garnishes



Garnish with Strawberry Fans



Fan slices apart.



Cut a few thin slices with paring knife

- To make cherry flower garnishes



Garnish with finished Cherry Flowers



Gently pull on the cherry segments to make petals



Cut cherry into six wedges.

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- Sugared Fruit



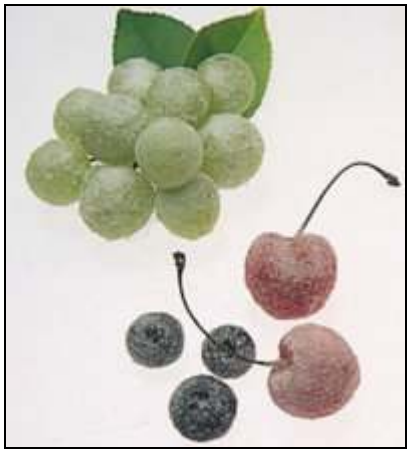
Sprinkle sugar over fruit.



Brush egg white onto fruit



Beat egg whites until foamy



Garnish as desired

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- Sugared Flowers



Sprinkle sugar from sieve onto flower



Place flower on waxed paper covered in sugar.



Brush flowers with egg whites



Garnish with Sugared Flowers

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- Lemon and Lime Butterflies



Cut peel into very thin strips



Repeat peeling from other side.



Cut a thin strip of peel all of the way around the fruit.



Arrange lemon wedges,

with wedge points touching



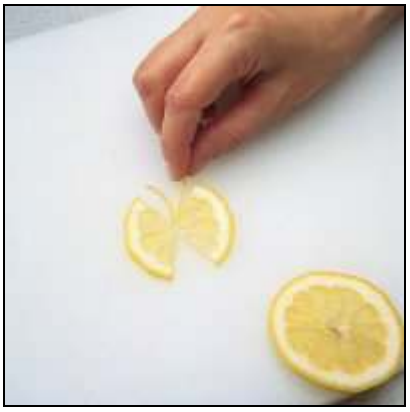
Cut each slice into thirds



Thinly slice remaining lemon crosswise



Garnish with citrus butterflies.



Place strips of peel at meeting point

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